

# Mindful Monday

## Feelings Check-In

Give a thumbs up or a thumbs down to check in with your child and yourself. Can you name the emotion? It's ok to feel more than one at a time.



## Savor The Good

Think about a happy or peaceful moment. Think about all the things you could see, smell, taste, and hear. Listen to your body as you think about this. Scan each part of your body starting with the tip of your toes. What do you notice? You can have a family member quietly go through each body part. (Eg. "Focus on your forehead, what do you notice?") Take 5 deep breaths before opening your eyes.

## How can you use this later?

Next time you have a good memory take a minute to soak it all in. Close your eyes and take a few deep breaths. Try to take a mental picture of the event. We call this savoring the good.

# Tone it Down Tuesday

**Learning Goal:** To discover and identify positive ways that work for us to respond to our anger

## Activity

- Review the list of 'Positive Ways to Respond to Our Anger' attached.
- Let's watch the attached videos so that you can practice some new ways of working through your anger in a positive way. Give them a try!
- Now, think about yourself ... Would any of these work for you? Do you have any other ideas? Now, write down at least 5 positive ways you can respond to your anger (strategies).
- Let's practice! The key to making our positive responses a habit is to make sure we practice them when we are calm. Also, make sure you tell your parents/caregivers what will help you so they can encourage you to try it when you are 'in the moment'

\* Remember, feeling angry is ok, it's how we handle it that is important. Try your best to focus on the positive ways to deal your anger so we can have a positive effect on ourselves and others. Only YOU can control how YOU react to a situation.

### Positive ways to respond to our anger

5 finger breathing (deep breathing)	Listen to music
Squeeze a squish ball	Think about something else (change the subject)
Find a reason to laugh	Do something else (change the activity)
Take space (find somewhere quiet)	Count to 10, 100, 1000; by 2's, 3's, 10's
Take a walk	Do some stretches
Push against a wall	Draw/colour
Close your eyes	

#### Balloon Breathing

<https://app.gonoodle.com/activities/bring-it-down?s=category&t=Practice%20Self-Control&sid=23>

#### Melting

<https://app.gonoodle.com/activities/melting?s=category&t=Practice%20Self-Control&sid=23>

#### 5 Finger Breathing

<https://www.youtube.com/watch?v=sh79w9pn9Cg>

# Wake-Up Wednesday

## Games Day

Being stuck at home can get boring, especially with nothing new to do. How about you try and make a game out of things you have around the house, or even better create a new game with old or recycled items!



[https://www.youtube.com/watch?time\\_continue=7&v=mw0ys9zQ0rg&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=7&v=mw0ys9zQ0rg&feature=emb_logo)

# Thankful Thursday

**Write a Haiku or Acrostic poem about someone or something you are grateful for.**

## Haiku poem:

A short 3 line poem: The first line consists of 5 syllables, the second line has 7 syllables and the third line consists of 5 syllables.

*Family I love  
Mom dad sister brother dog  
Love you to pieces*



## Acrostic poem:

A poem where the first letter of each line spells out a specific word. The poem is written vertically.

## Thankful

**T-** the sun is shining  
**H-** happy to be outside  
**A-** all are well  
**N-** new flowers  
**K-** keep smiling  
**F-** full of thanks  
**U-** unique moments  
**L-** lots of laughter

# Feelings Friday

## **My Personal Feelings:**

Over the last month, we have experienced a wide range of events that have made us feel very different and we have experienced many different feelings as a result. Thinking about the last month, write about a time or event that made you feel each of the following ways:

I felt **Happy** when ...

I felt **Angry** when...

I felt **Disappointed** when...

I felt **Nervous** when...

I felt **Sad** when...

I felt **Confused** when...

I felt **Proud** when...

I felt **Excited** when ...

