

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.



Mindful Walking

- Choose a time in the day that works for the whole family (or whoever would like to participate).
- Begin walking without a destination but rather focus on the steps you are taking and how your body feels as you take those steps.
- Focus on your breathing as it begins to accelerate and change.
- Notice what other parts of your body are used for walking and how they move.
- Enjoying a daily "mindful" walk is a great way to slow down your body and allow some calm into your day.

Tone it Down Tuesday

Learning Goal: To learn how to keep your 'Personal Power' by learning how to respond to hurtful comments/actions directed at you, in a courageous way.

Activity

- Sometimes people are angry/hurtful/mean towards us by accident, but sometimes, we experience people who are angry/hurtful/mean with the intent to get us angry.
- It is important to be able to recognize when situations like this happen, so that we can respond courageously and maintain our 'Personal Power'. If we respond the way they want us to, we are giving them our 'Personal Power'. In the end, this type of response will almost always escalate in a negative way.
- Remember, we are looking at POSITIVE ways to respond when confronted with someone whose intent is to hurt us and/or make us angry.
- Think of a time when a friend or family member has approached you in a hurtful/antagonizing way (For example; teasing you, putting you down, etc.). Now ask yourself, how did you respond? Did you respond by teasing back? If the answer is "yes", then you gave them your 'Personal Power' (you responded the way they wanted).
- Now let's practice! Using the three scenarios provided, practice your courageous responses while maintaining your 'Personal Power'. Do you feel you've maintained your 'Personal Power'?

* Remember, you are in control of your responses. You can either maintain your 'Personal Power' or give it away... which do you choose?



What a Helpful, Courageous Response 'Looks Like' ...

Facial Expression	<ul style="list-style-type: none">• Eye contact• Relaxed jaw (no overt expressions)
Body posture and gestures	<ul style="list-style-type: none">• Open hands (no clenched fists)• Relaxed• Might have a shrug (no crossed arms)
Voice tone and volume	<ul style="list-style-type: none">• Calm• Quiet• Friendly (firm when needed)

Scenarios:

1. Someone grabs your iPad from your hands and says, "ha ha, mine now".
2. A sibling/friend tells you to "get away, you smell".
3. When a sibling or classmate says, "your schoolwork is stupid".

Wake-Up Wednesday

The weather is getting warmer so let's get outside! Here are some scavenger hunts you can do. Take a walk around your neighbourhood and see what you can find!

Neighbourhood Photo Scavenger Hunt

- 1) Playing air guitars.
- 2) Something green.
- 3) People jumping.
- 4) Everyone's feet.
- 5) A stop sign.
- 6) Cool shadows.
- 7) Something sporty.
- 8) Crazy dancing.
- 9) A white house.
- 10) A letter.
- 11) A number.
- 12) An animal or bird.
- 13) Walking like a duck.
- 14) Touching a nose with a tongue.
- 15) Group hug.
- 16) Group selfie.
- 17) Jagged rock.
- 18) Strange shape.
- 19) A tree.
- 20) People being statues.
- 21) Handstand.
- 22) High five.
- 23) A hat.
- 24) Something flexible.
- 25) Something strong.
- 26) Cartwheel or somersault.
- 27) Flossing or moonwalking.
- 28) Group yoga pose.
- 29) A black or white vehicle.
- 30) Silly faces.



OUTDOOR ADVENTURE HUNT

- { } Something colorful.
- { } A pinecone.
- { } An acorn.
- { } Something smooth.
- { } Something rough.
- { } Two kinds of leaves.
- { } Two kinds of sticks.
- { } Something bumpy.
- { } A flat rock.
- { } Something fuzzy.
- { } Something pretty.
- { } A chewed leaf.
- { } A flower or petal.
- { } A piece of litter.
- { } Something you think is a treasure.



NATURE SCAVENGER HUNT

- ☐  Beautiful Butterfly
- ☐  Rock with a Hole in it
- ☐  Ladybug
- ☐  Cloud that looks like an animal
- ☐  Ant
- ☐  Prettiest Flower You See
- ☐  Squirrel with an Acorn
- ☐  Pair of Birds Hanging Out
- ☐  Group of Mushrooms
- ☐  4-Leaf Clover
- ☐  Dragonfly
- ☐  Airplane
- ☐  Dog Wagging its Tail
- ☐  Green Beetle
- ☐  Twig shaped like a letter
- ☐  Spider Web
- ☐  Leaf
- ☐  Feather
- ☐  2 Pine Cones
- ☐  Animal Tracks

Thankful Thursday

Gratitude Surprise Sticky Notes

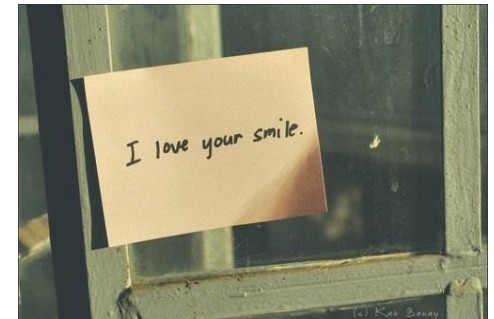
Think of someone you are grateful to have at home, or something you are grateful to have at home. Write or draw a picture on the sticky note and leave it as a surprise for the person to find.

Gratitude Letter for Someone in the Community

So many people have worked so hard to keep us safe during our time at home. Grocery store workers, delivery drivers, restaurants, nurses, doctors, pharmacy workers- so many people have worked while we have stayed home to stay safe. Write a letter to say thank you or draw a picture to show your gratitude towards our essential workers.

Supplies

Post it Note or piece of paper, pencil, markers/crayons



Feelings Friday

Our Feelings: **Worry**

Everyone worries! Right now, we are all experiencing an increase in our own worries. For children, it may be very difficult for them to understand their feelings and some things may feel big to them. A worry jar or box is a way to get kids talking about their worries, a place to tuck them away, and an opportunity for them to think of ways to tackle them.

Worry Jar/Box

- Find a jar or box.
- Decorate the jar/box with colours, things that make you feel happy, or things you are grateful for.
- Using small pieces of paper or post it notes, write things that you are worried about.
- Keep them in the jar/box; this helps put the worry aside.
- When ready, pull one of your worries from the jar/box and reflect on the following questions:
 - What is the size of my worry? Is it big or small?
 - What can I do about it?

Talking about and solving our worries helps us to be able to let go of our worries. Continue this process until the worry jar/box is empty.

Materials Needed:

- Jar or box
- Markers/crayons
- Magazines
- Craft items (ribbons, sparkles if available)
- Glue
- Small pieces of paper or post it notes

