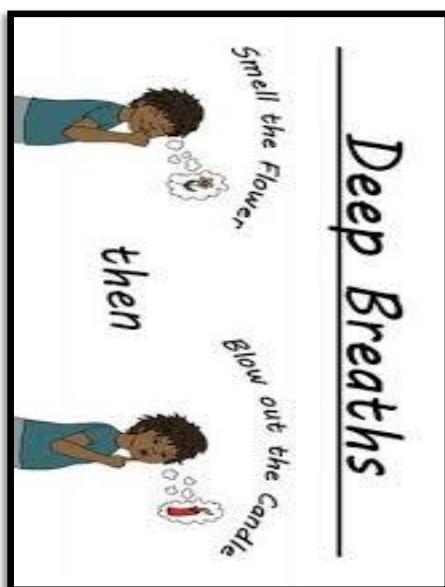


Mindful Monday

Deep breathing can make a **HUGE** difference in your day. Allowing yourself the time to breath can regulate your brain and create a calmness inside of you. Grab the family, get comfortable and follow along with this guided breathing exercise that will leave you feeling calm and ready for your next challenge.



<https://www.youtube.com/watch?v=LcnuTcJksZ4>

Tone it Down Tuesday

Learning Goal: To realize how words can have a completely different meaning, depending on **'how we say it'**. Tone, volume, facial expressions, and body language are all forms of our 'communication' and can lead to portraying different meanings.

Activity

In this activity, we will be practicing how we use and say our words in a 'sincere' and 'insincere' way. Let's practice!

- Taking turns, read the statements in the chart above. Use the guide at the bottom and practice saying them in a positive and negative way. Have your partner guess each time if you are using a positive or negative attitude.

Let's reflect:

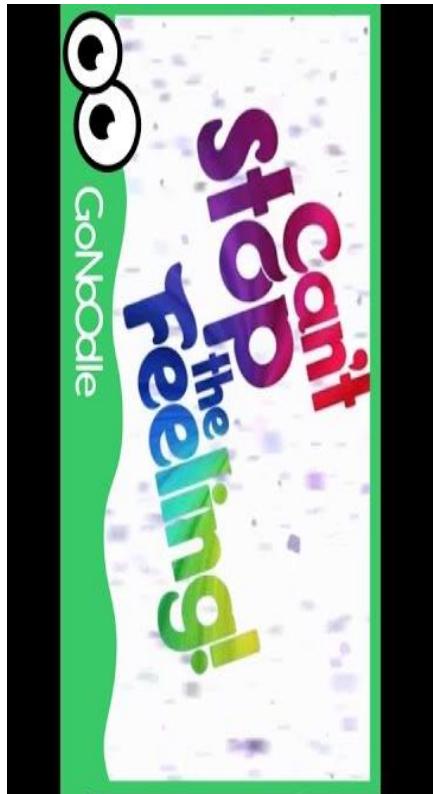
- How did you feel after each way the words were expressed?
- Did the change in Facial Expression, Body Posture/Gestures and Voice Volume/Tone alter the meaning of the words being spoken each time? In what way?

* Remember, our words have different meanings depending on **'how we say it'**. Try to keep it positive! The results will be much better for you and everyone around you.

	What Communication Looks/Sounds like with Negative Attitude	What Communication Looks/Sounds like with Positive Attitude
Facial Expressions	<ul style="list-style-type: none">• Squinted eyes• Rolling eyes• Pursed lips• Raised eyebrows• Scrunched up nose	<ul style="list-style-type: none">• Smile• Open eyes• Relaxed• Eye contact
Body Posture and Gestures	<ul style="list-style-type: none">• Crossed arms• Hands on hips• Shake head• Slouched• Shoulders/bbody	<ul style="list-style-type: none">• Open arms• Relaxed• Wave• Head nodding
Voice Volume and Tone	<ul style="list-style-type: none">• Loud• With attitude "duh"• Overexpressive• Higher octave at the end of sentence• Tone is short and curt	<ul style="list-style-type: none">• Calm• Quiet/normal• Inviting

Wake-Up Wednesday

Let's dance! There is nothing better than a dance party to bring some fun into your day and get moving! Here are a few videos to teach you some dance moves. Can you make up a new dance of your own?



<https://www.youtube.com/watch?v=KhflkYzUwYfK&fbclid=IwAR2xDU3HhrqwtNGezc6q-Bo9dgQIdxtUUPY7rfvUhP6hkUXJtgvcgjG0vk&app=desktop>

<https://www.youtube.com/watch?v=ETxo7j05Bbg>

Thankful Thursday

Family Dinner Conversation Starters

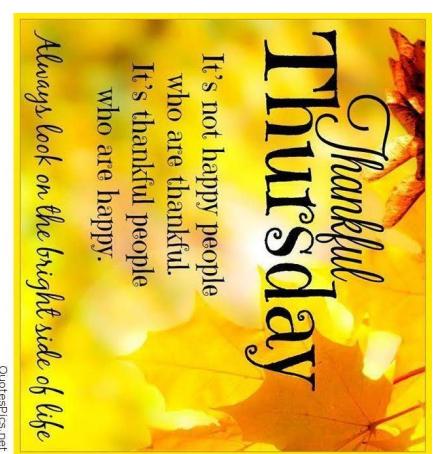
Dinnertime can be the perfect time to talk with your family. With work, school, and all of the other activities families have going on, it is often the only time they have quality time together to communicate. After a long day, you may find your family doesn't have much to say at the dinner table. We thought we would help you out with a list of Dinner Conversation Starters!

Examples...

- What was the best part of your day?
- If you could travel anywhere in the world, where would it be?
- If you could be a famous person for a week, who would you be and why?
- If you could have any superpower, which would you choose?
- If you had one wish (and you can't wish for more wishes), what would you wish for and why?

Link to the 50 Conversation starters:

<https://www.sixsistersstuff.com/50-family-dinner-conversation-starters/>



Feelings Friday

Our Feelings: Sadness

Everyone feels sad from time to time! Over the last few months, you may have noticed that you have been feeling more sad than usual. For children, they may be experiencing sadness for a variety of reasons: not being able to be at school, not being able to see family and friends, and not being able to enjoy their community playgrounds and parks. Routines and schedules have changed dramatically and for some children, all these changes bring out strong emotions. Sadness is a normal emotion to experience during these uncertain times and it is often helpful to acknowledge those feelings and to talk about them.

Let's Turn That Frown Upside Down!

- Help your child to visualize things that make them happy. Encourage your child to talk about those people, places, things and special times.
- Get up and move! Movement and exercise help to release feel good chemicals in your body!
- Focus on an act of kindness – doing something kind or helpful for someone else makes us feel good!
- Connect with a friend or family member that you enjoy speaking with. Connection makes your heart grow!
- Try something new – learn a new skill or take up a new hobby! Not only does this help to change your focus, it makes you feel good too :)

