

Hello!

Hope you are you are your family are staying healthy and safe as we continue to navigate this difficult time together. This week, we are going to offer few activities to help your children manage their emotions.

Tip for parents this week:

1. **Stick to a routine.** Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
2. **Dress for the social life you want,** not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our moods.

Movement Activity:

Fit activity for kids what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Weekly Relaxation Tip:

This week, if you find yourself feeling anxious, worried or restless, one great way to cope with uncomfortable feeling is a mindfulness exercise. A simple mindfulness exercise is to notice what you are experiencing right now through any or all of your five senses: **sound, sight, touch, taste, and smell.**

A great metaphor would be a fast-moving train. If you are finding yourself caught up with anxious thinking as if you are stuck on a fast-moving train, you want to break this momentum. Breaking this momentum by a simple grounding technique can be very powerful. These techniques may help distract you from what you're experiencing and refocus on what's happening in the **present moment.** Thus, you gain control to leave the train.

Before starting this exercise, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state.

GROUNDING WITH YOUR FIVE SENSES

<i>What are</i> 5 THINGS YOU CAN SEE		<i>Where</i> SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE

Weekly Fun Activity- Emotion Jars

To help you cope with uncomfortable emotions, the first step is to have emotional literacy. Knowing the names of different emotions is important in learning to manage uncomfortable emotions. This activity helps you remember the names of different emotions by giving each emotion a colour and shape.

Think of different emotions and use the mason jars to fill up the jar with colours or lines.

If you have a printer you can print the following page and fill up the mason jars with colours and lines to match the emotions. If you don't have a printer, you can draw the jars with instructions provided on page 4.

To create your own jars, think of different emotions and give it colour & texture.



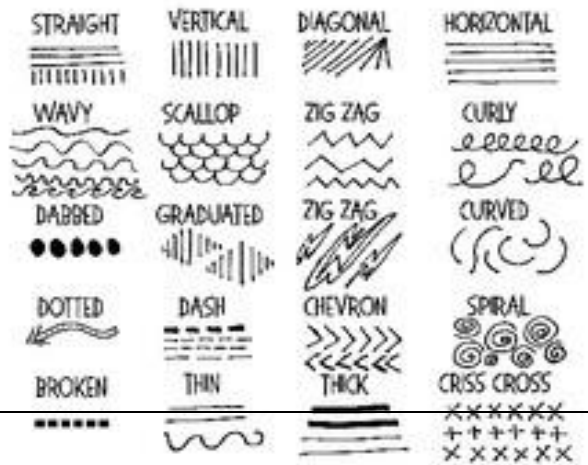
BOTTLED-UP EMOTIONS



LINE

A path created by a moving point, mark or object.

There are many types of lines: thick, thin, horizontal, vertical, zigzag, diagonal, curly, curved, spiral, etc. and are often very expressive. Lines are basic tools for artists.



Bottled – Up Emotions



Angry

Wise

Bravery

Happy



Excited

Terrified

bored

Annoyed



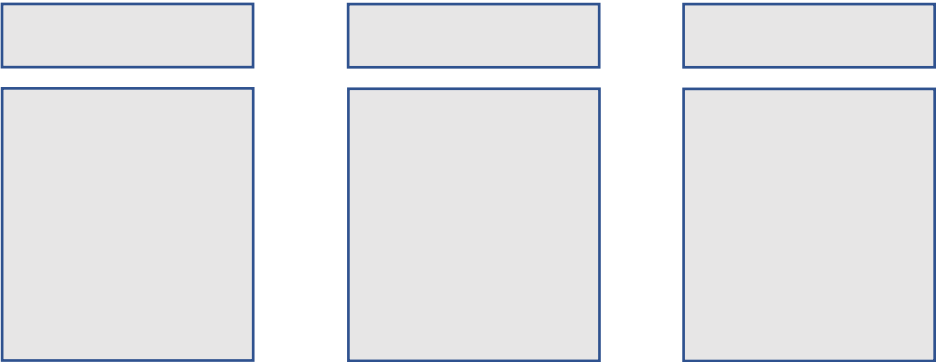
Calm

Silly

grateful

Disappointed

If you don't have a printer, no problem. You can draw your own mason jars:



Take care of yourself and take Care of Each other!!

MANAGING CORONA VIRUS (COVID-19) ANXIETY

BlessingManifesting

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

If you or your family ever need emergency response during this time please see the contact information below:

For immediate response from emergency personnel: Call 911 or a Crisis Hotline that is open 24 hours per day*

*Kids Help Phone: 1-800-668-6868 or Text CONNECT to 686868

*Fraser Health Crisis line: 604-951-8855 or 1-877-820-7444 (toll free)- trained volunteers provide emotional crisis support 24 hrs/day, 7 days a week.

*Mental Health Support Line (24/7 all ages): 310-6789

*Emergency Mental Health Crisis: Call 911 – Car 67 Mental Health Police Response

*Suicide Prevention Crisis Line: 1-800-784-2433

*Suicide Prevention Education and Counselling (SPEAC): 604-584- 5811

Helpful Websites and Agencies:

Health Link BC: <https://www.healthlinkbc.ca/mental-health-covid-19>

Anxiety Canada: <https://www.anxietycanada.com>

Bounce Back BC: <https://bouncebackbc.ca>

Starling Minds offers free counselling: <https://www.starlingminds.com/>

Moving Forward Family Services offers free counselling (phone and video) you can simply phone 778 321 3054 to initial the process.