

# NEWSLETTER

May 3rd, 2020

## Week 6
















### Journal

One great way for children and adults to help deal with the daily stresses of life is to journal. Below is an example of a [journal](#) you could use with your kids that provides them a chance to share their emotion, gives ideas of how they can cope with that emotion and the reflect on how they feel after.

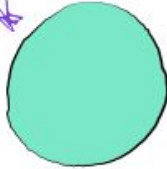
Day 1 Today's Date:

### How are you feeling right now?









Circle the face that shows how you're feeling right now

 Happy	 Joyful	 Satisfied	 Hopeful	 Peaceful
 Bored	 Exhausted	 Overwhelmed	 Disappointed	 Lonely
 Angry	 Frustrated	 Sad	 Depressed	 Worried

Or draw how you're feeling here



### What can you do about it?

 Do mindful breathing*	 Draw about it	 Tell someone about it	 Write about it
 Play or listen to music	 Drink a glass of water	 Go outside	 Give yourself (or someone) a hug

\*For mindful breathing, put one hand on your heart, and one on your belly. Take a slow, deep breath and feel your belly fill up. Then slowly blow out. Do this 3-5 times.

### What did you do?

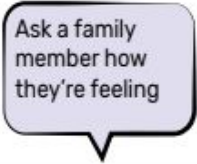







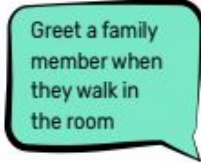

Write or draw about what you chose to do

### How do you feel now?

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## Kindness Bingo

This week I am challenging our families to participate in some acts of kindness towards our friends and family, while still maintaining the government regulations. Showing kindness towards others can not only help you feel better, but it will show others you care about them and brighten their mood. Try to get as many done as you can!

<p>Ask a family member how they're feeling</p> 	<p>Give someone in your family a hug</p> 	<p>Share the tablet or TV with someone (even if it isn't their turn)</p>	<p>Call a friend or relative you haven't talked to in a while</p>	<p>Choose to stay inside, even when you want to go out</p>
<p>Share a game or toy with a family member</p>	<p>Give someone a compliment</p>	<p>Help a family member make a meal or snack</p> 	<p>Let a family member pick the movie or tv show</p>	<p>Clean up after yourself</p> 
<p>Help a family member with a chore (without being asked)</p>	<p>Make and send a card or postcard</p> 	<p>FREE</p> 	<p>Play or sing a song for someone else</p> 	<p>Bring food to a family member</p>
<p>Send someone a Happy Birthday video or email</p> 	<p>Send a compliment to a friend or classmate</p>	<p>Apologize to a family member or friend if you wronged them</p>	<p>Be respectful when a family member asks for space</p>	<p>Greet a family member when they walk in the room</p> 
<p>Say "thank you" when somebody does something for you</p>	<p>Choose not to say something unkind</p>	<p>Put something in the window for passerby to see</p> 	<p>Tell a family member you love them</p>	<p>Do a meditation or mindful breathing exercise</p>

## Mother's Day Choice Board

Mother's Day is fast approaching and our mothers deserve some extra love right now for all they are doing for us. Below is 9 different ideas that you can do to show your mom how much you care!

# Mother's Day Choice Board

<p>Make a Mother's Day acrostic poem. Each letter can be a quality of your mom or you can write sentences of things that you like doing with your mom.</p> 	<p>Change the words to a song and record a special message.</p> 	<p>Create a coupon booklet of things that you can do for her around the house. Here are some examples:</p> 
<p>Make a card for mom. Use whatever you have at home to make a unique card! This person used buttons.</p> 	<p>You can pick one of the activities that I've suggested or if you have another idea you can do that. Make or do something special for your mom. SHHH! Try to keep it a surprise:)</p> 	<p>Make a flower that lasts forever! See this video to make an origami flower:</p> <p><a href="#">Easy Paper Tulip Origami Flower</a></p> <p>OR</p> <p><a href="#">Origami Heart</a></p> <p>Just use normal blank paper and make it into a square to have origami paper.</p>
<p>Prepare a simple meal and set it up 'restaurant style' or you could make it 'breakfast in bed style' too. NOTE: Don't forget to clean everything you used to make the food as well:)</p> 	<p>Make a dance for your mom. You can even teach it to her!</p> 	<p>Bake your mom's favourite treat. If it requires an oven, please make it with adult supervision.</p> 