

Winter Break Resources for Students and Families

With the holiday season this year looking different due to the pandemic, our school counselor has put together some wonderful posters, activities, and resources for students and families to use during Winter Break.

Click here to download over 50 resources:

<https://drive.google.com/drive/folders/1uPtXg15DBbjLNk23s76KVWXnvaUBRXWd?usp=sharing>

KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Share the kindness calendar with others and set a goal for the month.	2 Connect with someone you can't be with to see how they are.	3 Offer to help someone who is facing difficulties at the moment.	4 Give your compliments to as many people as possible today.	5 Make a gift for someone who is homeless or in need.	6 Support a charity, cause or campaign you really care about.	7 Write a thank you note to someone who has helped you.
8 Create a positive message for someone else to find.	9 Do something helpful for a friend or family member.	10 Notice when you've heard of someone or others and thank them.	11 Listen wholeheartedly to others without interrupting them.	12 In general, feed someone with food, love or kindness today.	13 Ask for someone's help and thank them.	14 Show a helping hand to someone who is in need.
15 Show an elderly neighbor and brighten up their day.	16 Connect an elderly neighbor and brighten up their day.	17 Connect an elderly neighbor and brighten up their day.	18 Connect an elderly neighbor and brighten up their day.	19 Connect an elderly neighbor and brighten up their day.	20 Connect an elderly neighbor and brighten up their day.	21 Connect an elderly neighbor and brighten up their day.
22 Appreciate kindness and thank people who do things for you.	23 Appreciate kindness and thank people who do things for you.	24 Appreciate kindness and thank people who do things for you.	25 Appreciate kindness and thank people who do things for you.	26 Appreciate kindness and thank people who do things for you.	27 Appreciate kindness and thank people who do things for you.	28 Appreciate kindness and thank people who do things for you.
29 Do kind acts for the planet, eat less meat and use less energy.	30 Do kind acts for the planet, eat less meat and use less energy.	31 Do kind acts for the planet, eat less meat and use less energy.	32 Do kind acts for the planet, eat less meat and use less energy.	33 Do kind acts for the planet, eat less meat and use less energy.	34 Do kind acts for the planet, eat less meat and use less energy.	35 Do kind acts for the planet, eat less meat and use less energy.

ACTION FOR HAPPINESS #DoGoodDecember www.actionforhappiness.org

Keep Calm - Stay Wise - Be Kind

10 THINGS TO SAY TO YOUR NEWLY HOMESCHOOLED CHILD/TEEN ESPECIALLY NOW

A New Day
Pediatric Psychology, PLLC
@dr.annlouise.lockhart

I am here for you.
We will get through this together.

You matter to me.
Lots of kids/teens are feeling overwhelmed right now.

I will help you.
You can do hard things.

It's okay to take a break.
It sounds like you feel frustrated. That makes sense to me.

YOU ARE FEELING TIRED AND WISH THIS WOULD END.
You don't have to finish it all today.

8 Yoga Poses for Stress Relief with the Prisma Pals



10 Ways to Help Children Take Care of Their Mental Health

VALIDATE FEELINGS
Motivate them to speak about their feelings & problems. Do not judge them.

SET THE EXAMPLE
Share about your feelings in a developmentally appropriate way. Model your coping skills.

SLEEP
Promote healthy sleep hygiene & routine each night.

PLAY
Allow kids to play and be creative. Allow them to explore their surroundings & limit screen time realistically (this is subjective per family).

RELAX
Teach kids how to relax through techniques. Teach deep breathing & using their senses as methods to stay grounded.

STRENGTHS
Develop strategies with children for resiliency, & to combat against negative thoughts.

AUTONOMY
Allow for kids to make some choices and decisions.

PARENTS' SELF-CARE
Teach kids to do some activities independently (as appropriately fit).

SOCIALIZING
Support your children in maintaining healthy friendships & what that looks like. This helps to emotional & social development.

SHOW VULNERABILITY
If we make a parenting mistake, it's important to regulate ourselves, then speak with our child about our mistake. Allow space for dialogue.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

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/Teens

- 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

THINGS TO SAY WHEN WORDS ARE HARD

"This is hard."	"I believe you."	"I am going to stay with you through this."	"I won't give up on you."
"I am here for you."	"I love you."	"I wish I could take this pain away."	"You have my support."
"This really sucks."	"I trust that you know what is best for your body and your healing."	"I don't know what to say, but I am here for you."	"It's ok if you don't feel like being strong today."

silence is also totally ok.

@sitwithwhit

COPING STRATEGIES

EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Play with clay
15. Hug a stuffed animal
16. Flip paper into pieces
17. Play an instrument
18. Visualize your favorite place
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Flip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Draw a joke book
61. Write a poem
62. Drink cold water

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ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 wickets.

Columns #1	Columns #2	Columns #3	Columns #4	Columns #5
1 10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R. elbow to L. knee and L. elbow to R. knee 5 times.	Jump in place 10 times.	Rub your entire R. arm with your L. hand.
2 Squeeze your R. hand firmly with your L. hand.	5 wall push ups.	Move the upper half of your body.	Spin in a circle 3 times to the right.	Touch L. hand to bottom of R. foot. Repeat 5x.
3 Move the right side of your body.	Spread legs apart and bend at least looking between knees. Repeat 5x.	Make 10 small circles with your arms.	10 jumps over a pencil on floor.	Give yourself a big hug for 10 seconds.
4 Rub your entire L. arm with your R. hand.	Touch R. hand to bottom of L. foot. Repeat 5x.	Tense at the waist 10 times with arms out to the side.	Spin in a circle 3 times to the left.	Make 10 large circles with your arms.
5 Touch R. hand to L. shoulder. Touch L. hand to R. shoulder. Repeat 5x.	March in place with knees high for a count of 10.	Squeeze your L. hand firmly with your R. hand.	Move the left side of your body.	Touch R. hand to L. foot and then L. hand to R. foot 8 times.
6 Run in place for a count of 15.	Move the lower half of your body.	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths.

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BROOKE ANDERSON'S
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DAILY QUARANTINE QUESTIONS

WHAT AM I GRATEFUL FOR TODAY?

WHO AM I CHECKING IN ON OR CONNECTING WITH TODAY?

WHAT EXPECTATIONS OF "NORMAL" AM I LETTING GO OF TODAY?

HOW AM I GETTING OUTSIDE TODAY?

HOW AM I MOVING MY BODY TODAY?

WHAT BEAUTY AM I EITHER CREATING, CULTIVATING, OR INVITING IN TODAY?

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