



VOLUME 15 • JANUARY 2021

Safe, Calm, Connected

MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR GR. 3-4 STUDENTS AND THEIR FAMILIES

HOPE

To kick-off 2021, we are focusing on the idea of "hope". Hope is a vision fueled by positive feelings and inspired actions. We can create hope in our lives through creating habits that help us to feel good and manage life's stresses. Take a look at the ideas below for some fun and easy ways for you to build hope with your family!

TAKE A PEEK!



HAPPY HABITS - MOVEMENT



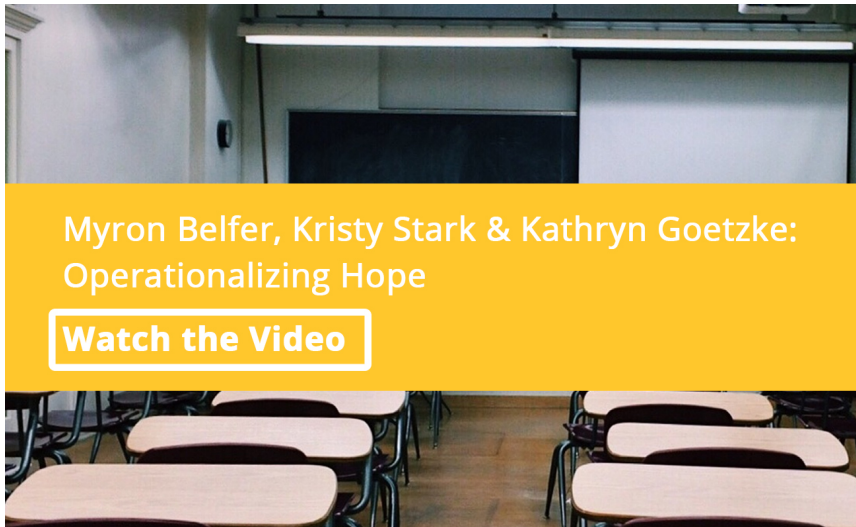
GREEN EGGS AND HAM



KIND WORDS AND KIND THOUGHTS



INSPIRED ACTIONS: MAKE A FAMILY BUCKET LIST



Myron Belfer, Kristy Stark & Kathryn Goetzke: Operationalizing Hope

[Watch the Video](#)

The Science of Hope

Scientists are researching hope and have found that students that have hope do better in school, are happier, have healthy relationships, and are better able to cope with stress, anxiety and other mental illness. Everyone can benefit from and have hope, no matter their circumstances! Click the image or link above to learn more, or search "Myron Belfer, Kristy Stark & Kathryn Goetzke: Operationalizing Hope".





ACTIVE LIVING: HAPPY HABITS – MOVEMENT

Why not start to build some "happy habits" by making a weekly plan to move with your family? You could choose: what the activity should be, where you are going to do it, and when it should happen.

You can also pick something active from our Happy Habits list below to get you started! Draw a picture of all the things you are hoping to do and share with the person you are going to do it with.



HEALTHY EATING: GREEN EGGS AND HAM

Eating healthy food is a "Happy Habit"! Healthy foods like fruits and vegetables help our brains. Not only is it healthy for our bodies, it is also healthy for our hope!

Have you ever read Dr. Seuss's book "Green Eggs & Ham"? Follow [this YouTube link](#) to hear the story (or search "Green Eggs and Ham Laura Miller"), and then head to the kitchen to make your own version of green eggs & ham with the recipe below from Alberta Health Services!

Kindness: Kind Words and Kind Thoughts

Showing kindness to ourselves is a "happy habit" that builds hope!

The things we think and say about ourselves matter! Try saying or reading one of the kind sentences in the attached sheet with your parent. How did it make you feel? Even if it feels a little uncomfortable, keep trying - the more we practice thinking and saying kind words to ourselves, the more comfortable we'll get, and the more likely we are to making it a "happy habit"!





MENTAL WELL-BEING: MAKE A FAMILY BUCKET LIST

We can practice "inspired action" by creating goals that help us keep a hopeful mindset and give us something to look forward to.

A fun and easy way to do this is to make a "family bucket list". Sit together as a family and create a list of activities, experiences, goals, or accomplishments you'd like to make happen this year. Draw or cut pictures from magazines of the different items on your list. As you go through the year, celebrate as you check-off your bucket list items.

(Source: Big Life Journal <https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children>)

CONNECT WITH US

Questions or concerns about mental health? Give us a call or send us an email!

Phone: (780) 672-6131 ext. 6948

Email: mhcb@brsd.ab.ca

For more wellness tips and ideas, find us on social media:

 @brsdmhcb

 BRSD Mental Health Capacity Building

 @brsdmhcb



1 MAKE A FAMILY BUCKET LIST

- Gather your family together, grab a piece of paper and some markers

Big Life Journal (BLJ) Goal Setting Activities for Children

Looking for more ways to help your child learn about goal setting? Take a look at BLJ's post for some FREE fun suggestions! (Search: Big Life Journal Goal Setting Activities for Children)

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BRSD WELLNESS



HAPPY HABITS

- Setting SMART goals
- Practicing gratitude
- Practicing kindness
- Thinking about positive things that make us happy
- Exercising
- Eating healthy foods like fruits and vegetables
- Walking outside
- Focusing on faith
- Playing an instrument
- Singing
- Connection to something greater than myself
- Being creative
- Taking photos
- Drawing or painting
- Dancing
- Jumping jacks
- Skipping
- Playing games
- Listening to happy music
- Spending time with friends
- Volunteering

Other happy habits:

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Positive Mindset

1. I am good
2. I can make a difference
3. I try new things
4. I like challenges
5. I can do this
6. I can get through anything
7. I am born different
8. I am ready to be a leader
9. I control my own happiness
10. I am grateful
11. I like to learn new things
12. I am ready to fail
13. I ask for help
14. I can do anything
15. Practice makes me perfect
16. I don't give up
17. I am a fighter



Green Eggs and Ham

Kids will love making these eggs 'green'. This recipe can be served as a snack, or as part of a healthy breakfast, lunch or dinner.



Ingredients:

6 large	Eggs	6 large
1 tsp	Canola oil	5 mL
2 slices (¼ cup)	Deli ham, chopped (or a bit of leftover roast ham)	60 mL
1 cup	Fresh spinach or chard, loosely packed, chopped	250 mL
1 Tbsp	Reduced fat mayonnaise	15 mL
2 Tbsp	Parmesan cheese, grated	30 mL

Directions:

1. Place the eggs in a medium saucepan. Cover with water and bring to a boil. Cover, remove from heat and let stand 15 minutes. Drain and rinse with cold water until cool.
2. Peel and slice eggs in half lengthwise. Remove yolks and set 3 aside for another use.
3. Meanwhile, heat the oil in a saucepan set over medium heat and sauté the ham for a minute. Add the spinach and cook for another minute, until wilted.
4. In a medium bowl, mash the 3 yolks with the mayonnaise and Parmesan cheese until smooth. Add the spinach mixture and stir until well blended.
5. Stuff egg white halves with filling and serve immediately.

Makes 3 servings (4 egg halves/ 115 g)

Source: developed by Julie Van Rosendaal for Apple, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/ AHS.

Green Eggs and Ham

Nutrition Facts	
Per 1/3 of recipe (115 g)	
Amount	% Daily Value
Calories 160	
Fat 10 g	15 %
Saturated 3 g + Trans 0 g	15 %
Cholesterol 215 mg	
Sodium 330 mg	14 %
Carbohydrate 2 g	1 %
Fibre 0 g	0 %
Sugars 1 g	
Protein 14 g	
Vitamin A	40 %
Vitamin C	4 %
Calcium	8 %
Iron	8 %

Nutrient Claim	Amount per serving
Source of calcium	88 mg
Source of magnesium	19 mg
Very high in folate	58 mcg
Source of iron	1.1 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/4
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1

This is a Choose Sometimes recipe (Meat and Alternatives) according to the Alberta Nutrition Guidelines.

What is hope?

It's an expectation of a good that is yet to be. It's an inner knowing that the future holds positive things.

It is a trust that no matter the current circumstances the days to come will reveal happiness.

Why build hope?

The pandemic has been stressful. Hope helps us expect that something good will happen and that we have some control over it.

Hope has benefits for children

Hope builds resilience; our ability to bounce forward from challenging events

Hope sparks optimism through:

- Improving school performance & motivation to achieve goals
- Enhancing mental well-being
- Improving overall life satisfaction & relationships with friends & family

Tips to help children build hope

Practice gratitude: each day write down 3 things you are grateful for.

Practice mindfulness: pause, take 3 breaths, listen to sounds & focus on the present moment.

Make a collage of words or pictures that symbolize hope.

Practice acts of kindness & include positive affirmations to yourself.

Ideas for nurturing hope in your family:

- Acknowledge how you are feeling; accept what is in your control and what is not & focus on solutions
- Cultivate positive coping skills; maintain your self-care routine
- Borrow hope from others; ask what makes them hopeful
- Surround yourself with positive people
- Find something you are passionate about
- Make a list of your successes, strengths and resources

Subscribe to Text4Hope
Text **COVID19HOPE** to **393939**

MORE RESOURCES

<https://greatergood.berkeley.edu/>
search: Hope

<https://kidshelpphone.ca/>
search: Fostering Hope

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

