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Safe, Calm, Connected

MHCB WELLNESS PACK

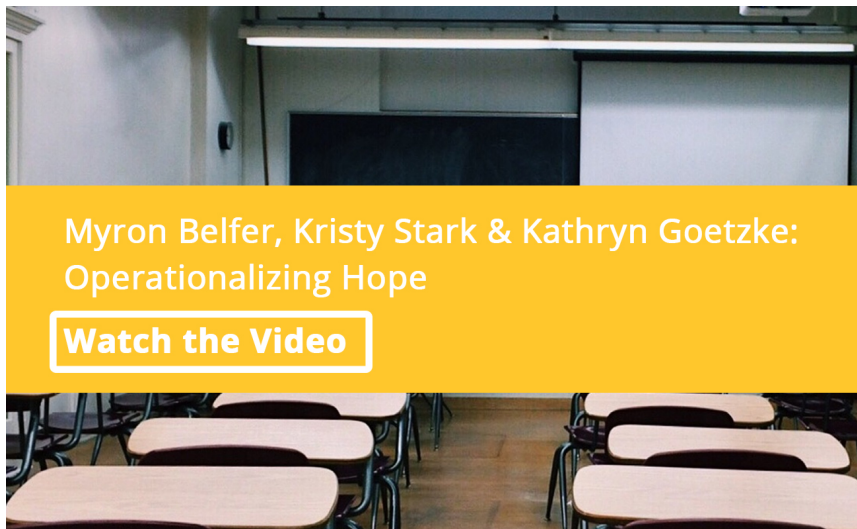
MONTHLY WELLNESS ACTIVITIES FOR GR. 5-6 STUDENTS AND THEIR FAMILIES

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
-  BANANA PANCAKES
-  KIND WORDS AND KIND THOUGHTS
-  INSPIRED ACTIONS: S.M.A.R.T. GOALS



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

Learning hope starts at home! You can increase your hope by making small, achievable efforts to create "happy habits". Happy habits are actions that help us create positive moods. Moving your body every day is a great happy habit to build! Why not make a poster of the fun physical activities that you'd like to do with your family and put it on your fridge? Draw, print, or cut-out images of activities important to you and that you'd like to do. Share them with the people you'd like to do them with and make plans to be active together! (See the handout below for more ideas.)



HEALTHY EATING: BANANA PANCAKES

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! A healthy breakfast is an important part of starting your day right! Try out the delicious banana pancakes recipe below for a delicious and nutritious breakfast!

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: S.M.A.R.T. GOALS

Inspired actions are an important ingredient to creating hope. We can practice inspired actions by creating S.M.A.R.T. - specific, measurable, attainable, relevant, time-bound - goals. S.M.A.R.T. goals help us keep a hopeful mindset by giving us something to look forward to and encouraging us to work toward our future (Hopeful Minds, 2020).

This is the time year when we like to think about new goals or aspirations for the coming year. In 2021 make your resolutions hope inspired by making S.M.A.R.T. goals! See the page below to get started!

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



Fun
7 GOAL-SETTING ACTIVITIES
for children
by Big Life Journal

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

Take a look at BLJ's post for some FREE, fun ways to set goals! (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



Banana Pancakes

Alberta Health Services recommends choosing foods with at least 2 grams of fibre per serving. This recipe makes it easy to do that because it uses higher fibre ingredients such as whole grain flour and fruit.



Ingredients:

3 cups	Whole wheat flour	750 mL
2 Tbsp	Granulated sugar	30 mL
2 Tbsp	Baking powder	30 mL
1 tsp	Salt	5 mL
2 medium	Eggs	2 medium
¼ cup	Canola oil	60 mL
3 ¼ cups	1% milk	810 mL
1 large	Banana, mashed	1 large

Directions:

1. Combine flour, sugar, baking powder and salt in a large bowl.
2. Beat eggs in a smaller bowl. Mix in oil and milk.
3. Add wet ingredients and banana to the flour mixture and stir.
4. Add extra 3–4 tablespoons (45–60 mL) of milk if batter is too thick.
5. Lightly spray a pan with non-stick cooking spray. Heat pan over medium heat. Pan is ready when drops of water bounce on it.
6. Drop batter by spoonful into hot pan. When bubbles appear and edges begin to dry, lift pancake with a spatula and turn to the other side.
7. Cook until middle of pancake is dry.
8. Serve hot.

Makes 24 - 4 inch pancakes (62 g)

Banana Pancakes

Nutrition Facts

Per 1/24 of recipe (1 - 4" pancake/ 62 g)

Amount	% Daily Value
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Calories 100	
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Fat 3.5 g	5 %
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Saturated 0.5 g	3 %
+ Trans 0 g	

Cholesterol 15 mg	
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Sodium 190 mg	8 %
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Carbohydrate 15 g	5 %
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Fibre 2 g	8 %
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Sugars 4 g	
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Protein 4 g	
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Vitamin A	20 %
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Vitamin C	0 %
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Calcium	5 %
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Iron	6 %
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Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in saturated fat	0.5 g
Source of calcium	80 mg
Source of magnesium	27 mg
Source of folate	11 mcg
Source of iron	0.7 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	1 ½
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Most Often recipe (Grain Products) 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

