



VOLUME 17 • MARCH 2021

Safe, Calm, Connected

# MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR GRADE 3-4 STUDENTS AND THEIR FAMILIES

## NEW BEGINNINGS

As the snow begins to melt and the sun shines for longer each day we can feel Spring approaching! This month we welcome a season all about newness, and the the growth, hope, and positivity that go along with it.

## TAKE A PEEK!



SPRING INTO ACTION



COMBINATION FOODS CHALLENGE



GARDEN OF KINDNESS



POSITIVE AFFIRMATION EGG HUNT

**FEAR-LESS SEMINAR**  
for parents with concerns  
about their child's anxiety

### FEAR-LESS TRIPLE P SEMINAR

Reducing Anxiety in Children & Teenagers (6-14yrs)

Are **YOU** concerned About your child/teen experiencing **Anxiety?**



Join us for Fear-less Group  
6 Zoom sessions: March 25,  
April 1, 8, 15, 22, 29  
Time: 8-9:30pm



\*Work Book Included & No Cost to Attend

Being a Parent to a child/teenager who is experiencing anxiety can be tough.

Join us for 6 sessions in a group setting, where together we will discuss strategies and tools to support your child in being better able to cope with anxiety.

The program will cover the following:

- How does anxiety work?
- Understanding anxiety
- Parents as models
- Being an emotion coach
- Thinking flexibly & realistically
- Avoidance and exposure
- Managing children's anxious behaviour; and
- Constructive coping and problem solving

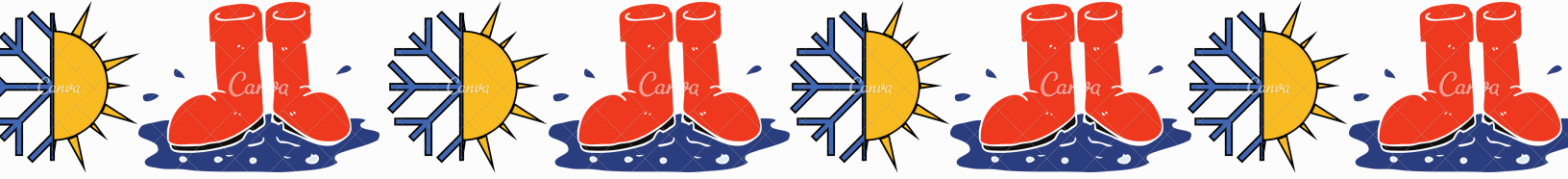


For more information, please contact Krista at 780-672-0141  
K.lantz@camrosefrc.com



**Family Resource Centre ONLINE Offer**  
Are you concerned about your child's anxiety?  
Wondering if they may need more support?  
Looking for more ways to help them to cope better and feel less worried? Scroll to the end of this Wellness Pack for more information on upcoming offerings of the FEAR-LESS Seminar!





# ACTIVE LIVING: SPRING INTO ACTION

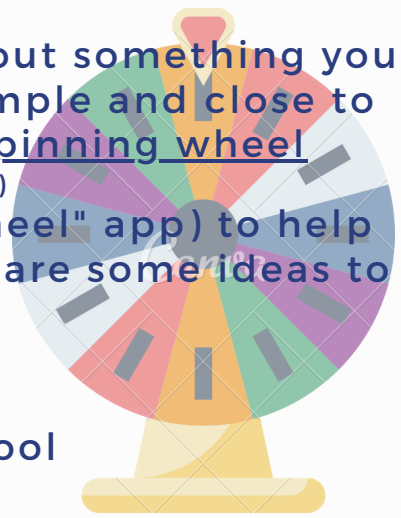
Spring is a time of "newness": possibilities, growth and trying something you haven't tried before.

This month, have a conversation with your family about something you have always wanted to try or learn. Keep it active, simple and close to home. Write down each person's idea, then make a spinning wheel

(<https://playtivities.com/how-we-made-wheel-of-fortune-from-cardboard/>)

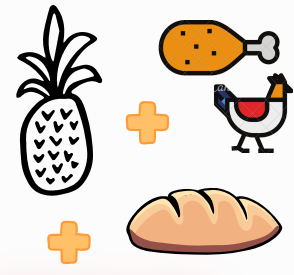
or use a free app on your phone (search "Spin the Wheel" app) to help you choose where to start and what to do next! Here are some ideas to get you started:

- Planting flowers or vegetables
- Learning how to play a new game
- Teaching your family something you learned at school
- Building a DIY obstacle course in the backyard



# HEALTHY EATING: COMBINATION FOODS CHALLENGE

Canada's Food Guide encourages us to eat lots of fruit & veggies, protein foods, and whole grains! Work together with your family to create recipes that are a combination of all of them! Think pizza, subs or soups- or anything else you can think of! Once you've made your combination recipe, plan to make it with your family!



Inspired by this AHS activity

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-combination-foods-challenge-4-6.pdf>

= YUM

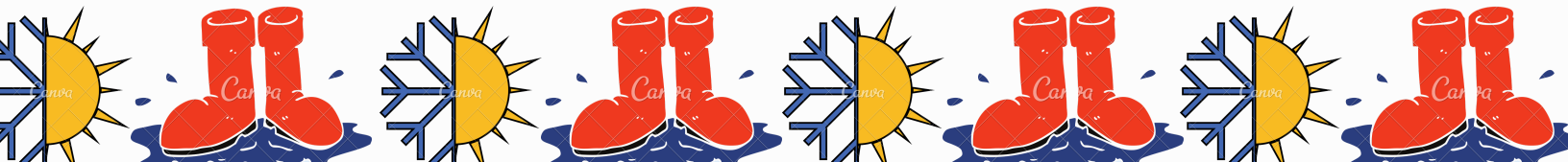
# Random Acts of Kindness: Garden of Kindness

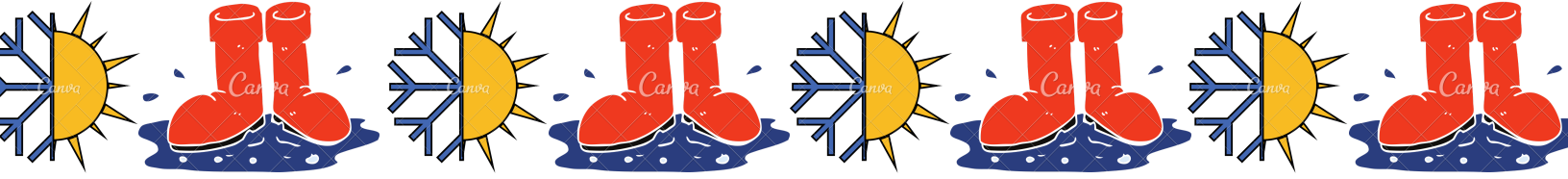
Cut out and decorate flowers making them big enough to draw or write one of the following:

- Something kind they have recently done for another
- A kind gesture they have received
- A kind message to another
- A NEW way to show kindness they don't normally do

After your family has decorated their flowers, display them in a common area of your home to create a "Garden of Kindness" to celebrate and remind everyone of simple kind gestures and new ideas of practicing kindness as we head into the spring! Feel free to create your own flowers or use the attached handout template!

Adapted from: <https://www.glsen.org/activity/garden-kindness>

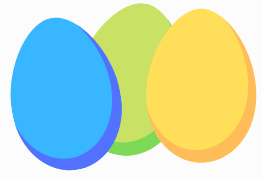




# MENTAL WELL-BEING: POSITIVE AFFIRMATION EGG HUNT

An egg hunt with a positive twist! Pick out your favorite positive affirmations from the pages below, cut them out, place them inside of some resealable plastic eggs and hide them for others in your family to find a positive message to lift them up! If you do not have plastic eggs, [check out how to make them out of paper](#) (follow the link or search "papershape 3D egg")!

**You are loved!**



**You make a difference.**

**You are brave.**

## CONNECT WITH US

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

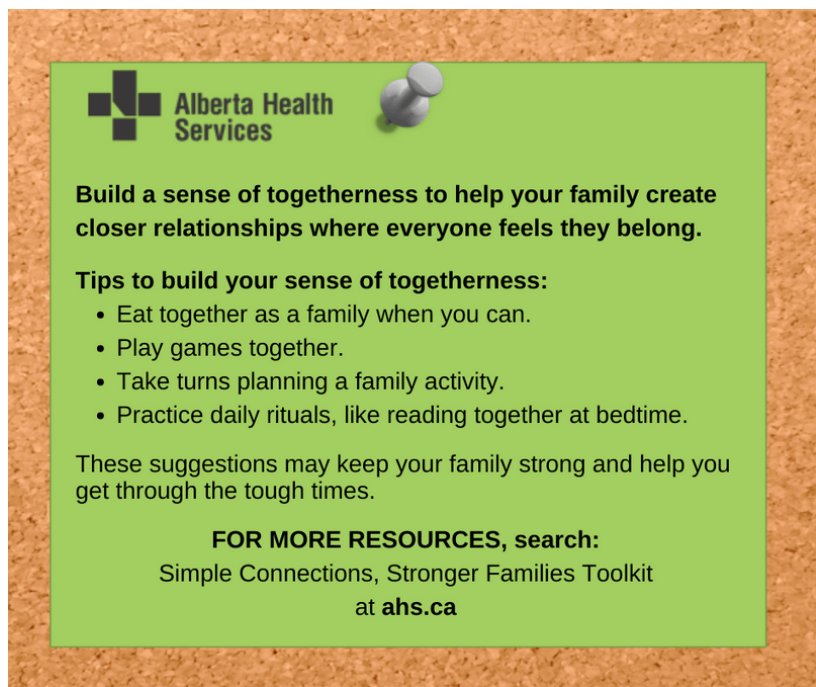
Phone: (780) 672-6131 ext. 6948  
Email: [mhcb@brsd.ab.ca](mailto:mhcb@brsd.ab.ca)

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

 @brsdmhcb

 BRSD Mental Health Capacity Building

 @brsdmhcb



**Alberta Health Services**

**Build a sense of togetherness to help your family create closer relationships where everyone feels they belong.**

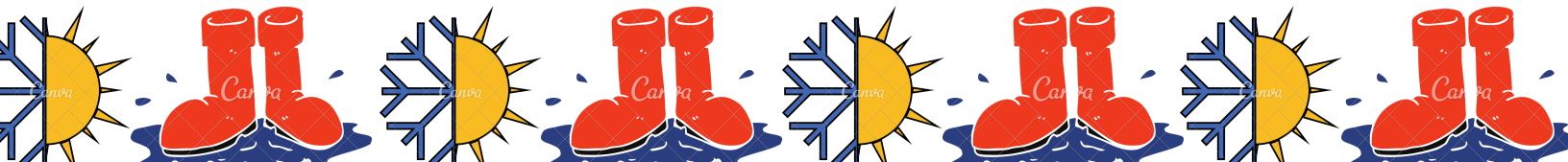
**Tips to build your sense of togetherness:**

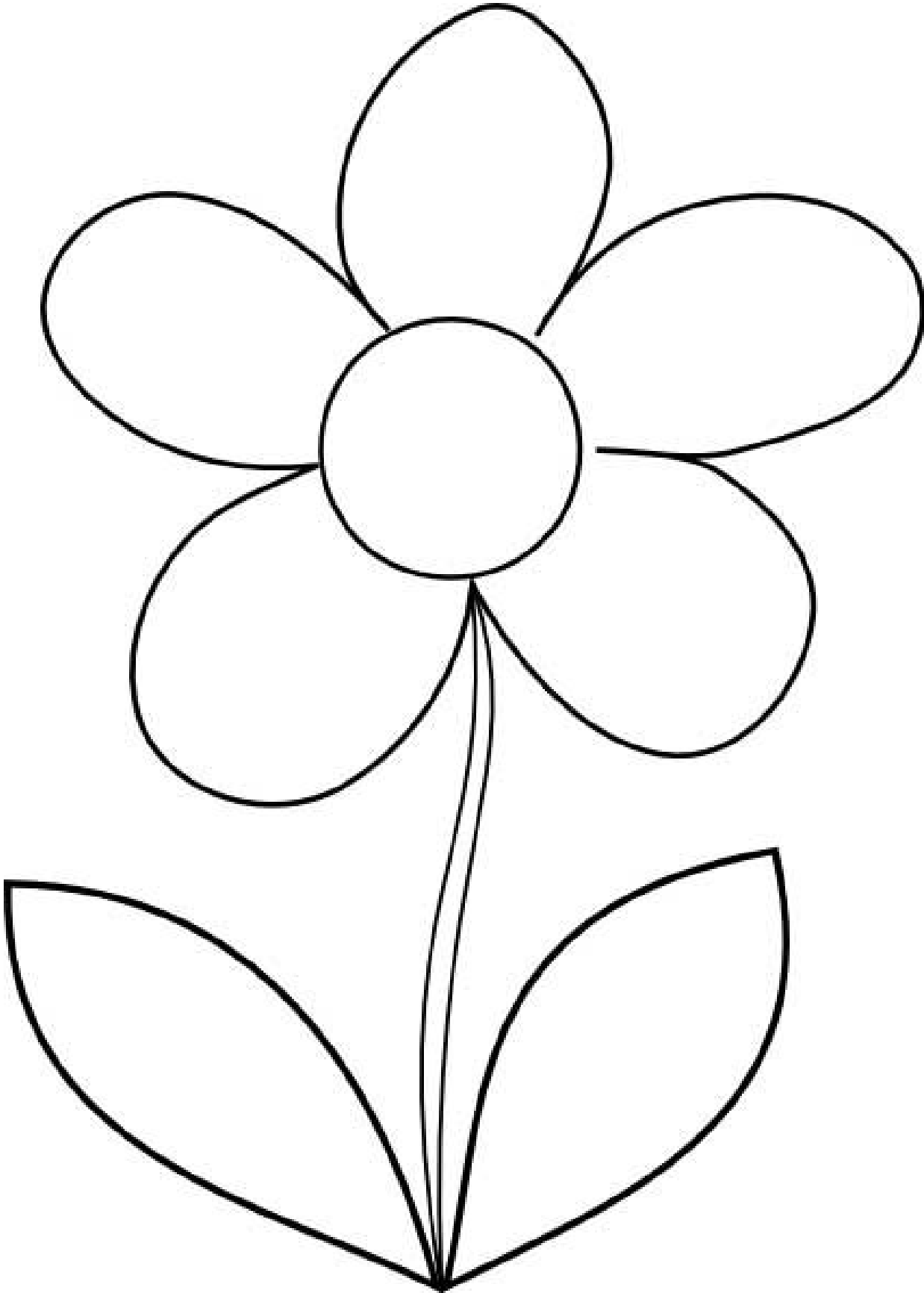
- Eat together as a family when you can.
- Play games together.
- Take turns planning a family activity.
- Practice daily rituals, like reading together at bedtime.

These suggestions may keep your family strong and help you get through the tough times.

**FOR MORE RESOURCES, search:**  
Simple Connections, Stronger Families Toolkit  
at [ahs.ca](http://ahs.ca)

*Safe. Calm. Connected.*  
BRSD WELLNESS





Name: \_\_\_\_\_

Date: \_\_\_\_\_

# POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# POSITIVE THOUGHTS & AFFIRMATIONS

51. It's okay to make mistakes.
52. I am making the right choices.
53. I surround myself with positive people.
54. I am a product of my decisions.
55. I am strong and determined.
56. Today is going to be my day.
57. I have inner beauty.
58. I have inner strength.
59. No matter how hard it is, I can do it.
60. I can live in the moment.
61. I start with a positive mindset.
62. Anything is possible.
63. I radiate positive energy.
64. Wonderful things are going to happen to me.
65. I can take deep breaths.
66. With every breath, I feel stronger.
67. I am an original.
68. I deserve all good things.
69. My success is just around the corner.
70. I give myself permission to make mistakes.
71. I am thankful for today.
72. I strive to do my best every day.
73. I'm going to push through.
74. I've got this.
75. I can take it one step at a time.
76. I'm working at my own pace.
77. I'm going to take a chance.
78. Today I am going to shine.
79. I am going to get through this.
80. I'm choosing to have an amazing day.
81. I am in control of my emotions.
82. My possibilities are endless.
83. I am calm and relaxed.
84. I am working on myself.
85. I'm prepared to succeed.
86. I am beautiful inside and out.
87. Everything is fine.
88. My voice matters.
89. I accept myself for who I am.
90. I am building my future.
91. I choose to think positively.
92. My happiness is up to me.
93. I'm starting a new chapter today.
94. I trust in my decisions.
95. I can change the world.
96. I am smart.
97. I choose my own attitude.
98. I am important.
99. I am becoming the best version of myself.
100. Today I will spread positivity.
101. The more I let it go, the better I will feel.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MY POSITIVE THOUGHTS & AFFIRMATIONS



List some positive thoughts and affirmations you can say to yourself.

#1	
#2	
#3	
#4	
#5	
#6	
#7	
#8	
#9	
#10	

# FEAR-LESS TRIPLE P SEMINAR

Reducing Anxiety in Children & Teenagers (6-14yrs)

Are **YOU** concerned About  
your child/teen  
experiencing  
**Anxiety?**



Join us for Fear-less Group  
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Being a Parent to a child/teenager who is  
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For more information, please contact Krista at  
780-672-0141

[K.lantz@camrosefrc.com](mailto:K.lantz@camrosefrc.com)



# Caregiver Education Team Newsletter

March 2021



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Lunch & Learn Webinars

### **Keeping Scattered Kids on Track: Understanding ADHD**

**Part 1** - Monday, March 1  
12:00 – 1:00 pm

**Part 2** - Monday, March 8  
12:00 – 1:00 pm

### **Mindfulness: Benefits for the Whole Family**

**Part 1** - Tuesday, March 2  
12:00 – 1:00 pm

**Part 2** - Tuesday, March 9  
12:00 – 1:00 pm

### **Building Executive Functioning Skills**

**Part 1** - Monday, March 15  
12:00 – 1:00 pm

**Part 2** - Monday, March 22  
12:00 – 1:00 pm

### **Parenting Strategies That Promote Positive Mental Health**

**Part 1** - Tuesday, March 16  
12:00 – 1:00 pm

**Part 2** - Tuesday, March 23  
12:00 – 1:00 pm

## Sessions at a Glance

### Caregiver Education Sessions

#### **Sleep and Your Family's Mental Health**

Wednesday, March 3  
6:00 – 7:30 pm

**Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting With Adolescents**  
Wednesday, March 10  
6:00 – 7:30 pm

#### **Supporting Self-Regulation in Elementary School Children**

Wednesday, March 17  
6:00 – 7:30 pm

#### **Technology and the Teenage Brain**

Digital Wellness for Families  
Wednesday, March 24  
6:00 – 7:30 pm

### Drop-In Series

#### **Anxiety Part 1: An Introduction**

Thursday, March 4  
6:00 – 7:30 pm

#### **Anxiety Part 2: Calming Our Bodies**

Thursday, March 11  
6:00 – 7:30 pm

#### **Anxiety Part 3: Settling Our Minds**

Thursday, March 18  
6:00 – 7:30 pm

#### **Anxiety Part 4: Overcoming Avoidance**

Thursday, March 25  
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families  
Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

March 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

## Sleep and Your Family's Mental Health

Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and strategies to promote healthier sleep habits for your whole family.

**Date: Wednesday, March 3, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

## Parenting Teens in the 21<sup>st</sup> Century Respectful Limit Setting with Adolescents

In this session, you will explore the challenges of being a teenager, parenting a teenager, and tips for setting healthy boundaries.

**Date: Wednesday, March 10, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only.

*(Continued on next page...)*

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!”

“I can definitely apply this to my own children and classroom. Hope to be a part of more of these!”

“Extremely helpful, realistic advice and suggestions. Thank you!”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

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# Caregiver Education Sessions

March 2021



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(...continued)

## Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotions? This session will look at the development of self-regulation in children.

**Date: Wednesday, March 17, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; for adults only.

## Technology and the Teenage Brain Digital Wellness for Families

Take a look at the teen brain and the risks and benefits of technology use. Tips on effective communication and limit setting are also shared.

**Date: Wednesday, March 24, 2021**

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

## Parent Feedback:

“The information provided was very good and clear to understand.”

“The speakers were very knowledgeable and gave lots of information.”

“The more sessions I attend, the more I will be able to guide my child.”



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# Lunch & Learn Webinars

March 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Each topic is presented over two sessions; participants can attend one or both sessions.

## Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Caregiver Education Sessions

### Keeping Scattered Kids on Track

#### Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

#### Part 1 - Monday, March 1, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

#### Part 2 - Monday, March 8, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

### Mindfulness

#### Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

#### Part 1 - Tuesday, March 2, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

#### Part 2 - Tuesday, March 9, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

## Parent Feedback:

“The session was really well run and [the presenters] were really great, open, and supportive.”

“It provides really great basic information, tools and strategies to implement and use in everyday life.”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Lunch & Learn Webinars

March 2021

These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

## Caregiver Education Sessions

### Building Executive Functioning Skills

#### Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

#### Part 1 - Monday, March 15, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

#### Part 2 - Monday, March 22, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

### Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

#### Part 1 - Tuesday, March 16, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

#### Part 2 - Tuesday, March 23, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

### Registration:

Sessions are offered online through the Zoom conferencing application.

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### Parent Feedback:

“Enjoyed the session – the length and format was perfect!”

“Helpful tools to assist parents. Thank you!”

“I can't wait to continue joining upcoming sessions.”



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# Drop-in Series

March 2021



These free 90 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. As part of a 4 session series, you are welcome to attend one session or join us each week.

## Anxiety Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety.

**Date: Thursday, March 4, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

## Anxiety Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers and ways caregivers can help their child to notice and begin to regulate their own stress responses.

**Date: Thursday, March 11, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

## Anxiety Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thinking and thinking traps that can hold our children back. Strategies for addressing worries and encouraging realistic thinking will be discussed.

**Date: Thursday, March 18, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

## Anxiety Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

**Date: Thursday, March 25, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

## Registration

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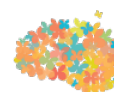
[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback

“Thank you for another great session. I am enjoying them so much!”

“Great ideas and interactive discussion today!”

“Thank you for wonderful session, plus your time and dedication to make it informative and helpful.”



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