

VOLUME 17 • MARCH 2021

Safe, Calm, Connected

MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR KINDERGARTEN - GRADE 2 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.

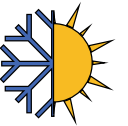
TAKE A PEEK!



SPRING INTO ACTION



CRAZY COMBOS



GARDEN OF KINDNESS



GROWING GOOD SEEDS

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

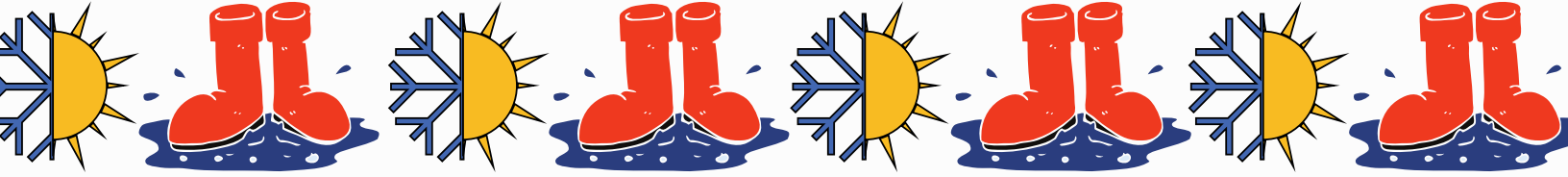


For more information, please contact Krista at 780-672-0141
K.lantz@camrosefrc.com



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:

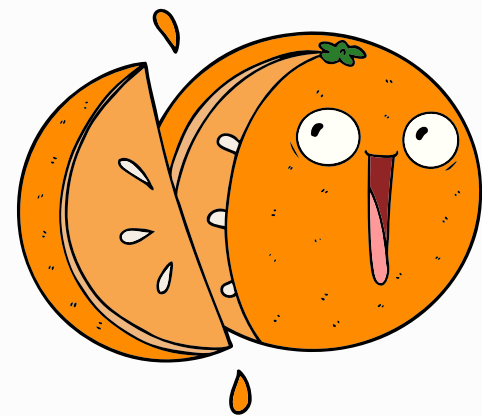


- Planting flowers or vegetables
- Learning how to play a new game
- Teaching your family something you learned at school
- Building a DIY obstacle course in the backyard

HEALTHY EATING: CRAZY COMBOS

We often eat some foods together, like ketchup and fries, or peanut butter on toast. **BUT** have you ever tried peanut butter on celery, or cheese with a grape?

This week, try out some crazy food combinations with the foods you have at home! For more information and combination ideas, check out the pages below!



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: GROWING GOOD SEEDS

“Your mind is a garden, your thoughts are the seeds. You can grow flowers, or you can grow weeds”

What are some kind words or ideas you could say to yourself to help you try your best and keep going? Using the template below, write or draw them on your "flower pot" to plant some good seeds!



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

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

Safe. Calm. Connected.

BRSD WELLNESS



Crazy Combos

There isn't one right way to eat fruits and veggies. In this classroom recipe, give kids the freedom to **try different combinations** and enjoy contrasting flavors.



HELPFUL TIP Use this activity as the springboard for communicating with parents. Ask the children to draw a picture of the food combo they liked best. Attach a short note to each drawing that tells the parent what the child tried and what he or she liked. If their child now likes a new fruit or veggie, what great news for mom and dad!

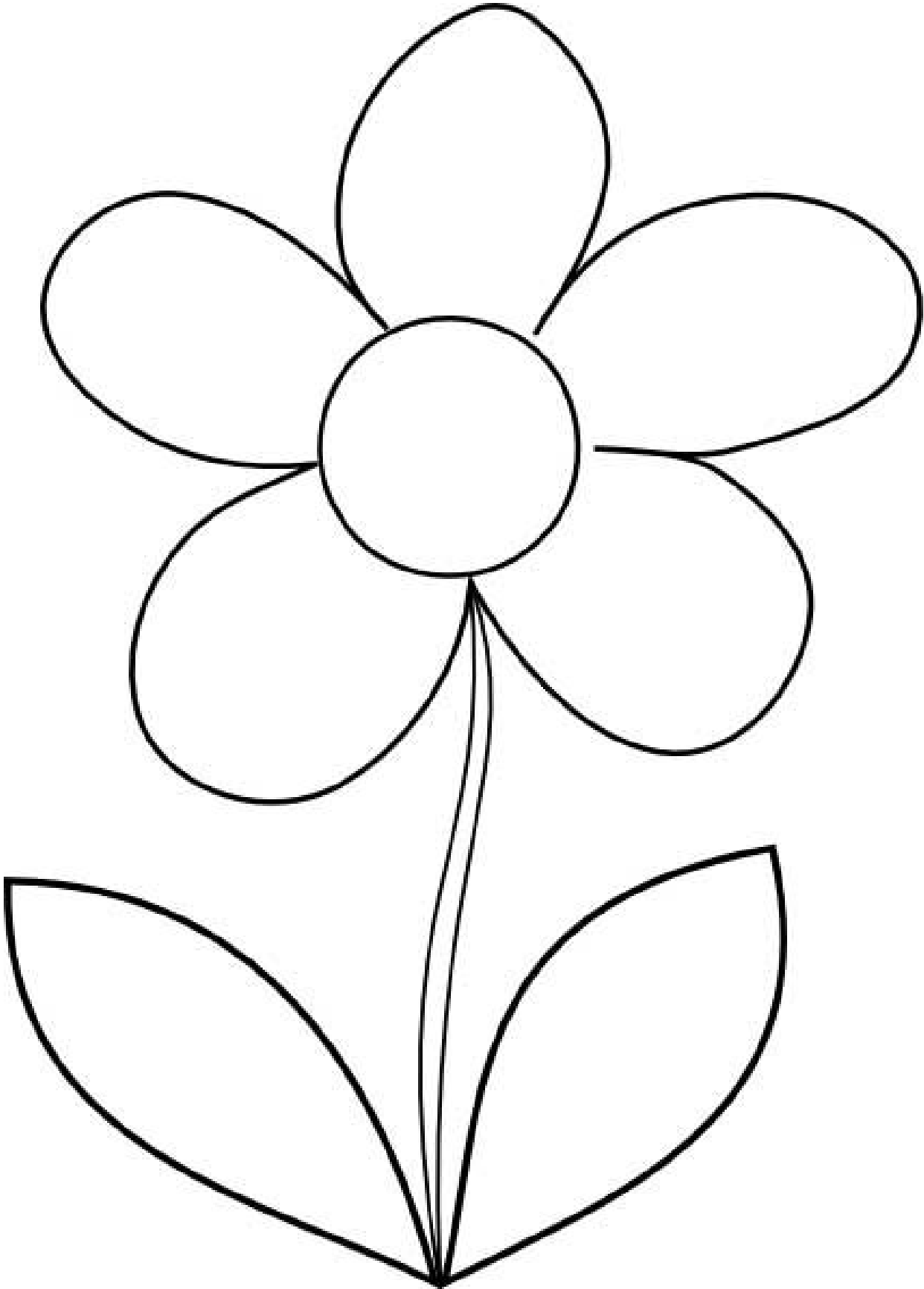
what you need:

A variety of thinly sliced fruits and vegetables to pair with other flavors. Here are some suggestions:

- with peanut butter (as long as no one is allergic): apples and bananas
- with cream cheese: peaches and nectarines
- with chocolate graham crackers: orange sections, strawberries, and bananas
- with ketchup: steamed broccoli or cauliflower florets
- with hummus: cucumbers and red or green bell peppers
- with cheddar or American cheese: melons, grapes, or avocados
- with low-fat ranch dressing: mushrooms and a variety of lettuces and greens
- with mozzarella: fresh tomatoes and fresh basil

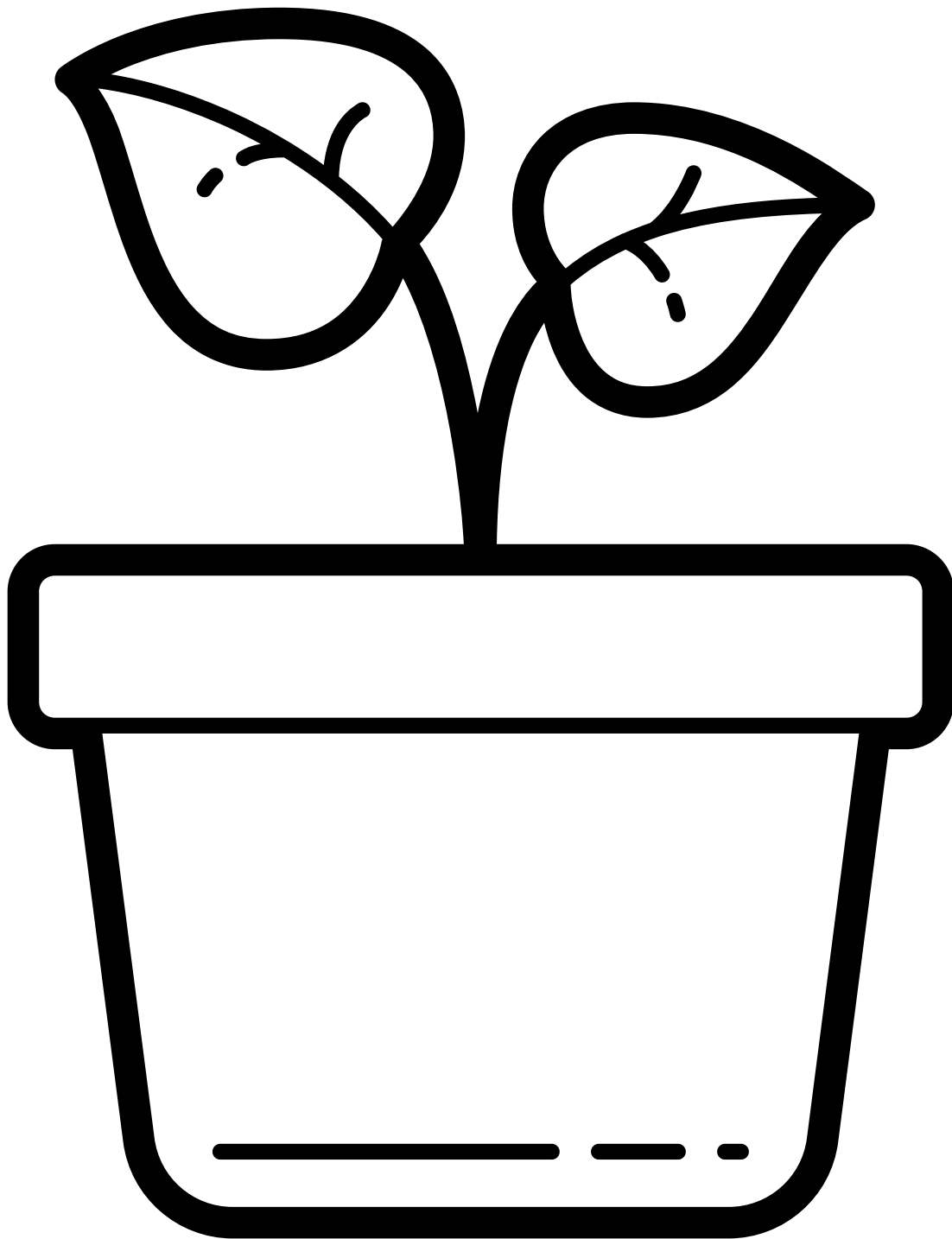
what to do:

- 1** In advance, thinly slice the fruits and vegetables and set out the dips, cheese, and other accompanying foods.
- 2** Introduce the activity by explaining that some foods are often eaten together – like peanut butter and jelly or ketchup and French fries. Show the children the foods that are available for trying. Suggest some combinations, but tell them they are free to make any combination they like.
- 3** Institute the one-bite rule. Kids should be encouraged to try the combos they create, but allow them to discard what they don't like.
- 4** Once everyone begins eating, ask the students which combinations they liked best. Record everyone's favorites on a chalkboard or paper. Talk about the flavors and textures of the combinations: crunchy and creamy, sweet and salty, etc.
- 5** Give students the chance to return to the food table and try another combination.



GROWING "GOOD SEEDS"

What helpful thoughts and ideas do you need to believe about yourself?
Write or draw these "good seeds" that you want to grow on or around the
flower pot below, then colour and decorate!



FEAR-LESS TRIPLE P SEMINAR

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For more information, please contact Krista at
780-672-0141

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 21st 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

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 21st 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

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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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.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

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.

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.

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

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.”



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Addiction & Mental Health

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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:

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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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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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