



VOLUME 18 • APRIL 2021

Safe, Calm, Connected

MHCB WELLNESS PACK

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

CHANGE AND GROWTH

We all know that change is a part of life. Even welcome changes and change that we're excited about can make us feel uncomfortable sometimes. That's normal! In this month's Pack, we work on seeing change as a chance to grow and become more resilient and ways.

TAKE A PEEK!



OLD SCHOOL



PIZZA...MUFFINS?!



ENCOURAGEMENT



THINGS I CAN CONTROL

MINDFULNESS: BENEFITS FOR THE WHOLE FAMILY

Alberta Health Services Caregiver Education Series

Lunch & Learn Webinars

April 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. When topics are presented over two sessions, participants can attend one or both sessions.

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
Date: Monday, April 12, 2021
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades K-12; for adults only.

Part 2
Date: Monday, April 19, 2021
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades K-12; for adults only.

More than Just a Bad Day: Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Monday, April 26, 2021
Time: 12:00 – 1:00 pm
Notes: For caregivers of children grades 7-12; 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.cycaregiverseducation.ca

Parent Feedback:

"I got a lot out of this session and I'm excited to make some changes."

"Excellent resources and a reminder that we need to take care of ourselves and our family."

"Wonderful! I get to learn from the comfort of my house."

"The two presenters keep it engaging and the virtual platform makes it easy to join."

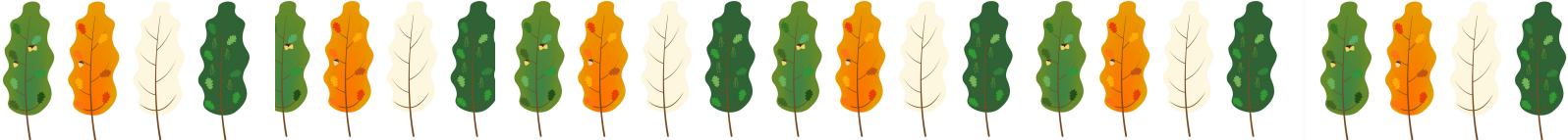


For more information, visit www.cycaregiverseducation.ca

A session for adults to learn more about the many ways their families can benefit from the simple practice of Mindfulness.

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents. (See below for more info!)





ACTIVE LIVING: OLD SCHOOL

The better we understand change, the more safe we feel when it happens. Adults in your life have gone through many changes! Why not ask someone who is older than you to play a game from their childhood (like Kick the Can, Hopscotch, or Hide and Seek). Use your game time to help you understand what life has been like for them:

- What music was playing when you were young ?
- What was on TV? How many channels did you have?
- What's one thing you wish still happened now, like it did when you were a kid?
- What's one thing you are happy has changed?
- How did you feel safe when things changed in your life?

What skills they have used to manage the changes they've seen? Maybe there is something you can use that will help you be successful in change too!

HEALTHY EATING: PIZZA...MUFFINS?!

A healthy eating routine is an important part of building a strong brain & body. And routine doesn't have to mean boring! Making sure you have a healthy lunches everyday is a great place to start a routine that fuels your body fuel. Give these pizza muffins a try for your lunchbox (recipe below)!



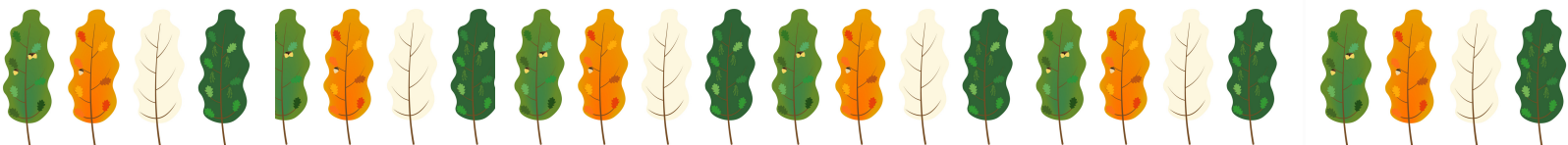
Random Acts of Kindness: Encouragement Postcards

No act of kindness, no matter how small, is ever wasted. - Aesop

We all know people that could use an act of kindness. Think of a friend that may be feeling down or is having a hard time with a change in their life. Follow along with the activity below to share some kindness with them!

- 1. Cut a piece of cardstock to match a postcard size and shape.**
- 2. Decorate one side of the card.**
- 3. Flip the card. Write your friend's name and address onto the right side of the postcard. On the left side of the postcard, write a kind message.**
- 4. Place a stamp in the top right corner and drop it in post office box.**

Enjoy knowing that you will brighten someone's day!





MENTAL WELL-BEING: THINGS I CAN CONTROL

When big change comes and it is out of our control, it can feel like EVERYTHING is out of our control. Using a growth mindset means that we remember that we can do hard things! And that even though some of what happens is out of our control, we can choose to focus on gratitude and to remember all the things we can make a difference in.

As a family print and play “Things I Can Control Bingo” (see below) from WholeHearted School Counselling, trying each of the 24 suggestions. Discuss the ways in which we are already agents of our own lives, and talk with your children about the helpful things they would like to focus on to become an even greater author of their life story.

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



5 Ways to Experience Joy Through Your Senses

The past year has been challenging. Take time to truly experience joy, a feeling of great pleasure and happiness.

When we add moments of joy into our life it helps us manage stress, to feel less overwhelmed and to foster resilience. The best part is that you don't need anything fancy, just your five senses: Touch, Sight, Sound, Taste, and Smell.

Slow down today and notice how your senses can help you to experience joy.

FOR MORE RESOURCES, search:

Blog | Crisis and Trauma Resource Institute (ctrinstitute.com)
ahs.ca/helpintoughtimes





Quick and easy pizza muffins

0:30 Prep • 0:20 Cook • Makes 12 • Capable cooks



INGREDIENTS

- 1 1/3 cups plain flour, plus extra for dusting
- 7g sachet dry yeast
- 1/4 teaspoon caster sugar
- Pinch of salt
- 2 tablespoons extra virgin olive oil
- 1/4 cup pizza sauce
- 1 1/4 cups grated Devondale Mozzarella Cheese Block (500g)
- 12 fresh basil leaves, plus extra to serve
- 250g cherry tomatoes, halved (see topping variations in Notes)
- 1/4 teaspoon mixed herbs

These quick and easy **pizza** muffins can be made with a variety of toppings - so there's something everyone will love!

METHOD

- Step 1** Preheat oven to 200 C/180 C fan-forced. Grease a 12-hole (1/3-cup-capacity) muffin pan.
- Step 2** Combine flour, yeast, sugar and salt in a large bowl. Make a well. Whisk oil and 2/3 cup warm water in a jug. Add to well. Mix to form a soft, sticky dough. Turn dough out onto a lightly floured surface. Knead for 8 to 10 minutes or until dough springs back when touched.
- Step 3** Roll out dough until 5mm thick. Using a 7cm round cutter, cut 12 rounds from dough, re-rolling and cutting trimmings if needed. Line holes of prepared pan with dough rounds, pushing into pan to come 3/4 up side of each hole.
- Step 4** Spread pizza sauce over base and sides of pizza bases. Sprinkle with a little of the mozzarella. Top each pizza base with a basil leaf, then tomato. Sprinkle with remaining cheese, then dried herbs. Bake for 15 to 20 minutes or until bases are golden and cheese is melted. Stand in pan for 5 minutes. Carefully transfer to a baking paper-lined wire rack to cool. Serve warm or cold.

RECIPE NOTES

For additional pizza muffin flavours:

SALAMI, RED ONION AND RED CAPSICUM: Replace cherry tomatoes with 50g thinly sliced salami, 1/4 small red onion, thinly sliced and 1/4 small red capsicum, finely chopped.

Nutrition: (each) 704kJ; 7.7g fat; 2.9g sat fat; 6.9g protein; 17g carbs; 1.1g fibre; 12mg chol; 160mg sodium.

RICOTTA, HAM AND MUSHROOM: Replace cherry tomatoes with 1/4 cup smooth ricotta, 50g shaved leg ham, finely chopped, 50g button mushrooms, sliced, 2 tablespoons sliced kalamata olives and a large pinch of dried chilli flakes.

Nutrition: (each) 697kj; 7.3g fat; 2.7g sat fat; 7.3g protein; 17g carbs; 1.2g fibre; 13mg chol; 188mg sodium.

Three more lunchbox muffins:

- [Coconut and raspberry banana bread muffins](#)
- [Muffin-pan fried rice cups](#)
- [Zucchini, carrot and honey muffins](#)

REVIEWS NUTRITION

Recipe by Kim Coverdale, image credit by Guy Bailey, published by [Super Food Ideas](#)

Things I Can Control

BINGO

Getting enough sleep	How often I smile	Owning up to my mistakes	Whether or not I accept myself	Setting my boundaries
When I practice gratitude	Treating myself with kindness	When I help others	Whether or not I keep my word	How I interpret events
How I "talk" to myself	When & if I forgive others		How truthful & honest I am	When I take mindful breaths
The goals I set for myself	Saying I need a break (& taking one)	Treating others with kindness	How much effort I put forth	When and if I try again
When I ask for help	How I respond to challenges	Reminding myself I am enough & worthy	How I take care of my body	How I relate to my feelings

Caregiver Education Team Newsletter

April 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

Anxiety Part 1: An Introduction

Tuesday, April 6
12:00 – 1:00 pm

Mindfulness: Benefits for the Whole Family

Part 1 – Monday, April 12
12:00 – 1:00 pm

Anxiety Part 2: Calming Our Bodies

Tuesday, April 13
12:00 – 1:00 pm

Mindfulness: Benefits for the Whole Family

Part 2 – Monday, April 19
12:00 – 1:00 pm

Anxiety Part 3: Settling Our Minds

Tuesday, April 20
12:00 – 1:00 pm

More than Just a Bad Day: Understanding Depression

Monday, April 26
12:00 – 1:00 pm

Anxiety Part 4: Overcoming Avoidance

Tuesday, April 27
12:00 – 1:00 pm

Sessions at a Glance

Caregiver Education Sessions

Test Anxiety:

Strategies for Success
Wednesday, April 7
6:00 – 7:30 pm

Understanding Autism

Wednesday, April 14
6:00 – 7:30 pm

Keeping Scattered Kids on Track:

Understanding and Supporting Children and Youth with ADHD
Wednesday, April 21
6:00 – 7:30 pm

Building Executive Functioning Skills

Promoting Success in Learning
Wednesday, April 28
6:00 – 7:30 pm

Drop-In Series

Mental Health and Resiliency Series

Settling Into Routines:

Making Uncertain Times More Predictable
Thursday, April 8
6:00 – 7:30 pm

Giving Time and Attention to Our Big Needs

Thursday, April 15
6:00 – 7:30 pm

Strengthening Connections

With Ourselves, Our Kids, and Our Communities
Thursday, April 22
6:00 – 7:30 pm

Positive Communication that Promotes Growth

Thursday, April 29
6:00 – 7:30 pm



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 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.

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:

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Test Anxiety Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Wednesday, April 7, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers and teens (grades 7-12) to attend together.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD) participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Wednesday, April 14, 2021

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“I really appreciated the fact that I could attend and share this learning experience with my teen, it prompted meaningful discussion.”

“Thank you for the great session. I really appreciate the answers during the Q&A section.”

“I enjoyed the interactive questions. Time and length was good.”

(Continued on next page...)



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

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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.

Date: Wednesday, April 21, 2021

Time: 6:00 – 7:30 pm

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

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.

Date: Wednesday, April 28, 2021

Time: 6:00 – 7:30 pm

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

Parent Feedback:

“Very well done, I liked the balance of the videos and the presentation.”

“I’ve enjoyed all the sessions offered so far!”

“This session was so helpful – the presenters were relatable and gave practical advice.”

“I liked the variety provided by different presenters; 90 minutes was a good length.”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

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Lunch & Learn Webinars

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Mental Health Foundation



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Lunch & Learn Webinars

April 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. Participants are welcome to attend single sessions or the full series.

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: Tuesday, April 6, 2021

Time: 12:00 – 1:00 pm

Notes: 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: Tuesday, April 13, 2021

Time: 12:00 – 1:00 pm

Notes: 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: Tuesday, April 20, 2021

Time: 12:00 – 1:00 pm

Notes: 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: Tuesday, April 27, 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:

“Excellent session with relevant and current information for professionals and parents. Thank you!”

“I really enjoyed these sessions and have signed up for the next three. Thanks for providing them!”

“I feel like I have some new tools in my toolbox to help foster a change in my household for the better!”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

April 2021

Mental Health and Resiliency Series

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. Participants are welcome to attend single sessions or the full series.

Settling Into Routines

In this webinar, explore ways to decrease your family's stress and increase stability through consistent and predictable routines.

Date: Thursday, April 8, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

Giving Time and Attention to Our Big Needs

Strategies for balancing your family's basic needs around nutrition, exercise, sleep, socialization, and technology use are discussed.

Date: Thursday, April 15, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

Strengthening Connections with Ourselves, Our Kids, and Our Communities

We discuss the importance of fostering a healthy parent-child relationship, building a community of support for our child, and taking care of ourselves through it all.

Date: Thursday, April 22, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

Positive Communication That Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and encourage our child to engage with others in positive ways that foster resilience.

Date: Thursday, April 29, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-9; for adults only.

Registration

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

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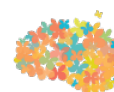
Parent Feedback

"It was very informative and easy to understand."

"The length was perfect and information was straight and to the point. No fluff and tons of suggestions for strategies to implement."

"Good mix of education and application in real life."

"I enjoyed the 'interactive-ness' of the presentation!"



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

5 Ways to Experience Joy Through Your Senses

The past year has been challenging. Take time to truly experience joy, a feeling of great pleasure and happiness.

When we add moments of joy into our life it helps us manage stress, to feel less overwhelmed and to foster resilience.

The best part is that you don't need anything fancy, just your five senses: Touch, Sight, Sound, Taste, and Smell.

Slow down today and notice how your senses can help you to experience joy.

Sight and Sound

Spending time outdoors, looking and listening to everything around us, positively impacts both our physical and mental well-being.

Go outdoors and take notice of:

- what do your eyes see that bring you joy? Perhaps it is children playing or all of the colours found in nature.
- what the weather is like, warm or crisp?
- what is beneath your feet and the sounds you hear with each step you take?
- what your mood is like and what feelings you are experiencing? Make a playlist of your favourite songs to walk with! Does fresh air, music and movement improve your mood and help you experience joy?

Touch

When we are mindful about the world around us, it may improve our mood and allow us to experience joy.

- Feel the warm sun, or a warm cup of your favorite beverage.
- Soak up the warmth and snuggle with kid, pets, or other loved ones.
- Tickle fight with kids, or try a foot massage
- Create a sensory guessing game: Close your eyes and feel roughness or smoothness of different objects in the house. i.e. sandpaper, feather, ice cube, rice. Play a guessing game and try to stump one another.

Taste and Smell

Taste and smell are vital to our experience. Our body's ability to provide nourishment is related to how we experience these senses. When we slow down and pay attention to what we are eating we can experience the feeling of joy.

- Think of warm cookies fresh out of the oven - imagine the smell and taste.
- Scents can remind us of past joy. The familiar scent of a candle or perfume can bring calm and serenity
- Dip fruit into melted chocolate. Eat slowly and savour.
- Cook food in a slow cooker and savour the aroma that fills your home.

MORE RESOURCES

www.ahs.ca/helpintoughtimes

www.ctrinstitute.com/blog

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



BRSO Mental Health Capacity Building
Program Presents:

PARENT & FAMILY CALM DOWN TOOLKIT

Join us to discover calm down strategies
you can use in your home.


FREE KIT INCLUDED!



Whether you're 2 or 20 or 100 years old, managing big emotions isn't easy!

In this online session,
learn how to:

 Use easy Calm Down Tools
& Strategies in your home.

 Keep from getting
overwhelmed, before someone
flips their lid.

Wednesday April 28, 2021

1pm-2pm

OR

Thursday April 29, 2021

6:30pm-7:30pm

Space is limited.

TO REGISTER:

Email Andrea Dyck:

adyck@brsd.ab.ca

FREE!

**FOR PARENTS &
CAREGIVERS WITH
KIDS OF ALL AGES!**

