

VOLUME 19 • MAY 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!



TIME IN A DIFFERENT SPACE



HOW TO EAT MORE MINDFULLY



SIMPLE, FREE RAK



MINDFULNESS MADE EASY

Move YOUR BODY

Move your body every day to improve your mental and physical well-being. The key is to make movement fun and try activities that you enjoy.

What is your family's favourite way to connect and get active together?

Interested in more ideas on how to create positive connections and build a healthy family? Join the

Move Your Mood June Family Challenge

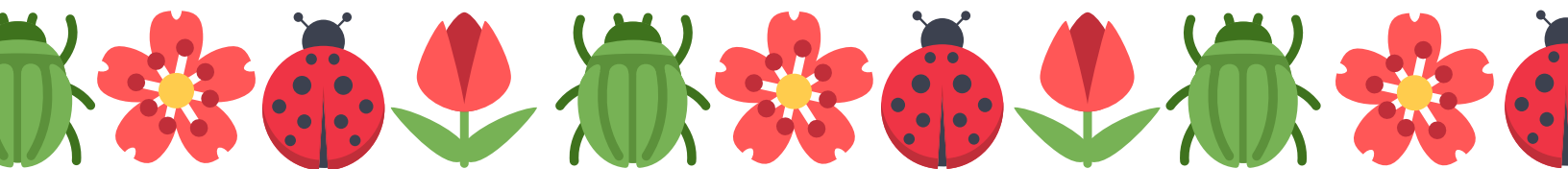
Register in May at www.sparcreddeer.ca

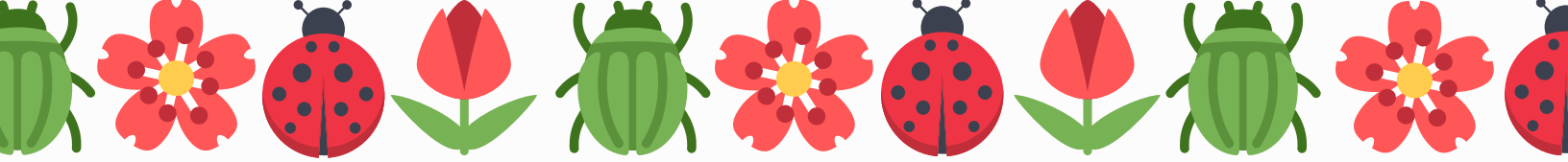
Everything gets better when you move your body.
www.participation.com



This FREE Family Challenge is open to all families! Complete fun challenges together for a chance to win a prize!

See the poster below for more information!





ACTIVE LIVING: TIME IN A DIFFERENT SPACE



We've all had times when we've felt "stuck". Giving ourselves a break is sometimes the best way get our brains moving again. Head outside and change your focus! See what different birds/animals you can see. Check-out your local library and see if they have a bird watching kit you can borrow, or click on the [link](https://birdwatchinghq.com/common-birds-in-alberta/) (<https://birdwatchinghq.com/common-birds-in-alberta/>) to see some of the birds you might be able to spot in our area!

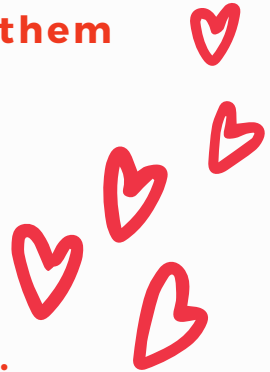
HEALTHY EATING: HOW TO EAT MORE MINDFULLY

Have you ever eaten a snack so quickly that later you can't remember what it tasted like? That can happen when we don't eat mindfully! Grab a snack (like an orange, or something else tasty) and follow along with [the video](#) to practice using all your senses while you eat. (Search "How to Eat More Mindfully, The Science of Happiness")



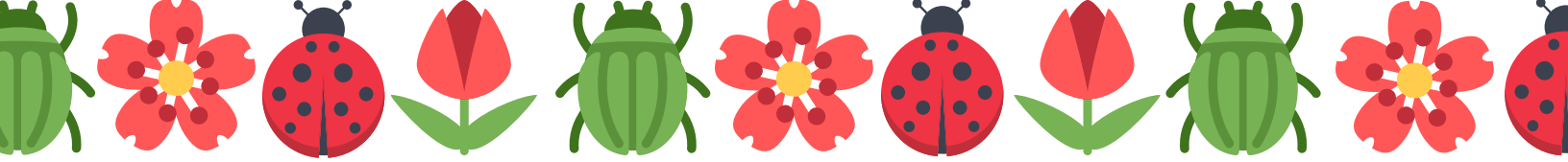
Random Acts of Kindness: Simple and Free RAK

- Do a chore for someone in your house without them knowing!
- Compliment a friend or family member.
- Write kind chalk messages on the sidewalk.
- Weed or rake leaves for a neighbor.
- Smile at everybody you pass in one day
- Write someone a thank you note
- Donate food or belongings to someone in need.
- Tell each family member one thing you love about them



Adapted from Move Your Mood, Alberta Health Services





MENTAL WELL-BEING: MINDFULNESS MADE EASY (SMILING MIND APP!)

One of the most important things you can do to keep moving forward is allowing yourself time to pause. A great way you to give your body and mind a break is to practice mindfulness throughout the day. The Smiling Mind app is a unique web and app-based program developed by psychologists and educators to help bring balance to people’s lives (Smiling Mind, 2020). Click here to learn more about how mindfulness can help us keep moving forward in challenging times (or visit: <https://www.smilingmind.com.au/>). Interested and want to give it a shot? Once you download the app and make your free account, a great place to start is by going to Explore->Kids->7-9 Year Olds->The Bubble Journey (7:40)



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

PRACTICE
Mindfulness

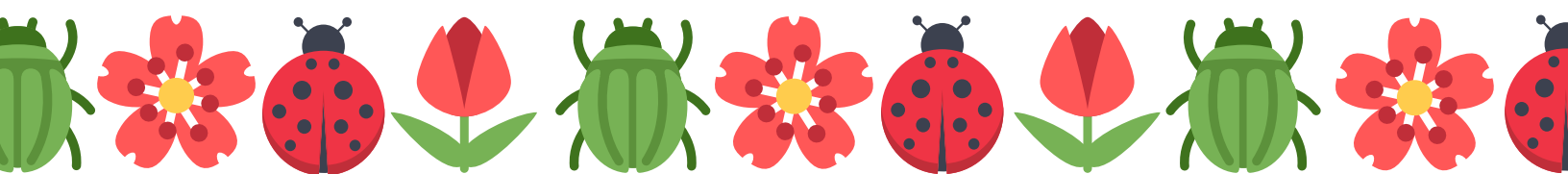
Practicing mindfulness together can help build your family's connection with each other.

Need help to calm a busy mind? Try this simple strategy to tune into your surroundings using your 5 senses. Look around you, what do you see, hear, smell, taste, feel?

Interested in more ideas on how to create positive connections and build a healthy family? Join the **Move Your Mood June Family Challenge** Register in May at www.sparcreddeer.ca

Everything gets better when you move your body.
www.participation.com

Safe. Calm. Connected.
BRSD WELLNESS



MOVE YOUR MOOD JUNE 2021 FAMILY CHALLENGE



This FREE Family Challenge is open to all families and all ages.

During the challenge you will learn ways to connect as a family by; practicing mindfulness, moving your bodies, fuelling your bodies, expanding your mind and building healthy relationships.

Register at sparcreddeer.ca between May 1 - May 26, 2021

Complete family challenges for a chance to win prizes!

Questions? email move.yourmood@ahs.ca

This challenge is sponsored by ParticipACTION Community Better and the Alberta Health Services Move Your Mood program.