

VOLUME 19 • MAY 2021

Safe, Calm, Connected

# MHCB WELLNESS PACK

MONTHLY WELLNESS ACTIVITIES FOR KINDERGARTEN - GRADE 2  
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!



TAKE A BREAK  
TO MOVE AHEAD



TASTE TEST



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**

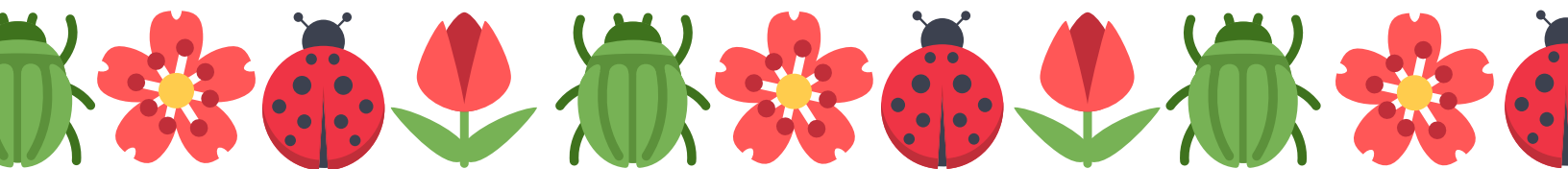
Register in May at [www.sparcreddeer.ca](http://www.sparcreddeer.ca)

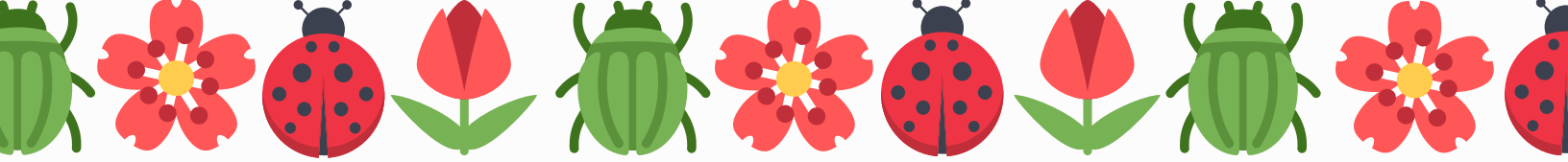
**Everything gets better** when you move your body.  
[www.participation.com](http://www.participation.com)



**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: TAKE A BREAK AND MOVE AHEAD



Help your brain grow by taking a break!

Sometimes, to move forward when we get stuck, we need to give our brains a break. Taking a few minutes to stop and move our bodies, can reset and recharge our brains. Try the fun and effective game below - "Brain Break With Dice" - to do just that!

## HEALTHY EATING: TASTE TEST

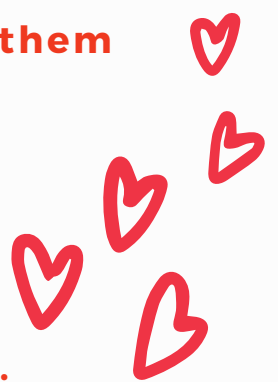
Lots of the time, we munch down our food so quickly that we may not even notice what it tastes like.

When we eat so fast we miss out on the enjoyment of eating! Follow along with [this video](#) (or search "Taste Test Cosmic Kids") to practice eating a snack mindfully!

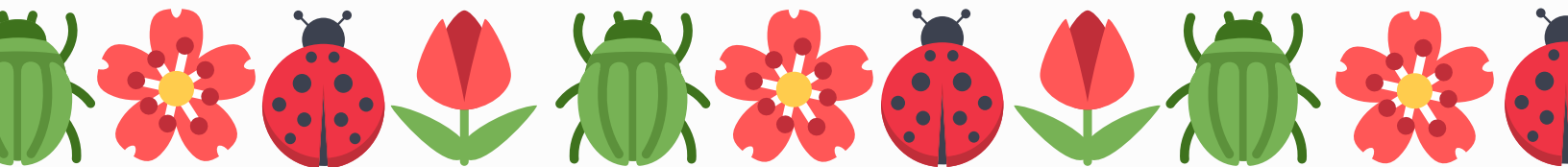


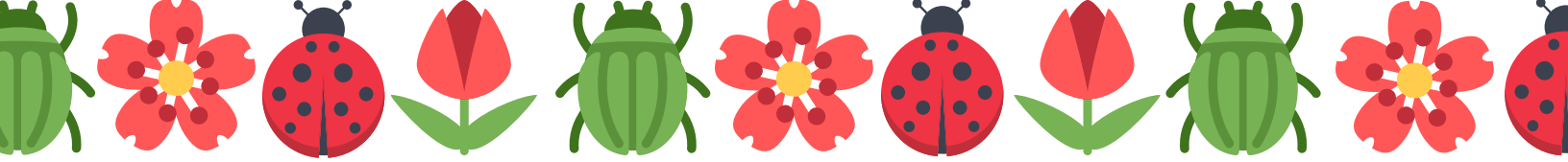
## Random Acts of Kindness: Simple and Free RAK

- 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->5-6 Year Olds->The Smiling Starfish (2:34)



## 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

**PRACTICE**  
*Mindfulness*

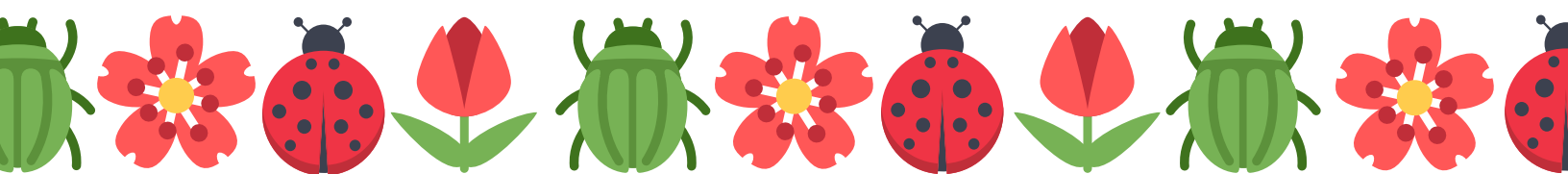
Practicing mindfulness together can help build your family's connection with each other.

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](http://www.sparcreddeer.ca)


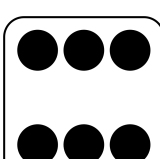
**Everything gets better** when you move your body.  
[www.participation.com](http://www.participation.com)

*Safe. Calm. Connected.*  
BRSD WELLNESS



# Brain Break with Dice

Every now and again we need to take a break, why not try this?  
Just Roll your Dice and do the Activity! Try it 3 times.

	<b>Do 20 jumping Jacks</b>	
	<b>Run as fast as you can on the spot for 20 seconds</b>	
	<b>Touch your toes</b>	
	<b>Hop like a frog</b>	
	<b>Do a Bear walk</b>	
	<b>Dance Party!!!</b>	

# 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](http://sparcreddeer.ca) between May 1 - May 26, 2021

Complete family challenges for a chance to win prizes!

Questions? email [move.yourmood@ahs.ca](mailto:move.yourmood@ahs.ca)

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