

Mindful Monday

How are you doing?

- Feelings Check in
 - Give a thumbs up thumbs down to check in with your child and yourself. Can you name the emotion? It's ok to feel more than one at a time

Mindful Seeing

- Take a blanket or towel outside on a sunny day and spread it on the ground.
- Lay on your back and look up towards the sky
- Take 2 or 3 deep cleansing breaths
- Look at the clouds. Do they look like any objects
 - Take turns labeling the clouds
- Pay attention to your senses.
- What do you see, smell, hear, and feel outside?
- How does the object, feel, in your mouth, taste
- Reflect on how this experience made you feel?

Things you will need:

1. A blanket or towel (optional)



Tone it Down Tuesday

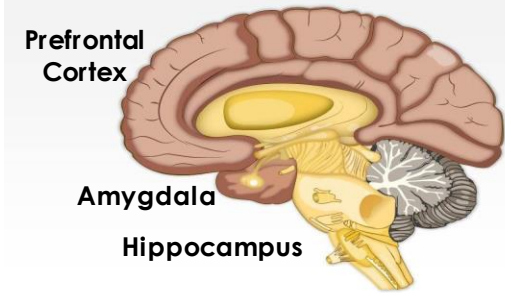
Learning Goal

- How our brain works
- Why do we sometimes overreact to problems and sometimes we are calm and can work through problems?
- Vocabulary: Amygdala, Prefrontal Cortex, Hippocampus, 'Flip your Lid'

Activity

- Look at the brain model and read the descriptions of the 3 parts of the brain that are highlighted on the right side.
- Watch the video and see how we 'flip our lid'.
- Now try the hand model yourself and then show a family member. Think of 'Flip Your Lid' hand model when you start to feel Anger Body Cues.
- **Let's make a connection!** Recall from last week when we identified our Body Cues and Warning Signs that we are getting angry. If we don't pay attention to our anger body cues, our Prefrontal Cortex will not be able to do its job. This will allow our Amygdala to go into 'fight, flight and freeze' and stop us from making good decisions. This is why we need to STOP, THINK and PLAN before we lose control of our emotions.
- Take a moment to view this video to see how our brain reacts under stress and why it's important to just STOP and THINK. <https://www.youtube.com/watch?v=RVA2N6tX2cg>
- Next week, we will explore positive and negative ways we can react to our anger as well as look at our triggers.
- ***Remember, feeling angry is ok, it's how we handle it that is important!**

The Limbic System – With Labels Removed



Amygdala – Our Bodyguard. Will make you react quickly in one of these ways: fight, flight or freeze

Prefrontal Cortex – Wise Leader. Helps us solve problems and make good decisions (thinking part of your brain)

Hippocampus – Memory Saver. It stores our knowledge (ABC's, 123's) as well as good and bad memories (which is helpful in our future decision making and learning).

* When we understand these 3 areas of our brain work, it helps to regulate our behaviour by calming ourselves and taking control of our reactions.

<https://www.youtube.com/watch?v=2xeDcPBD5Fk>



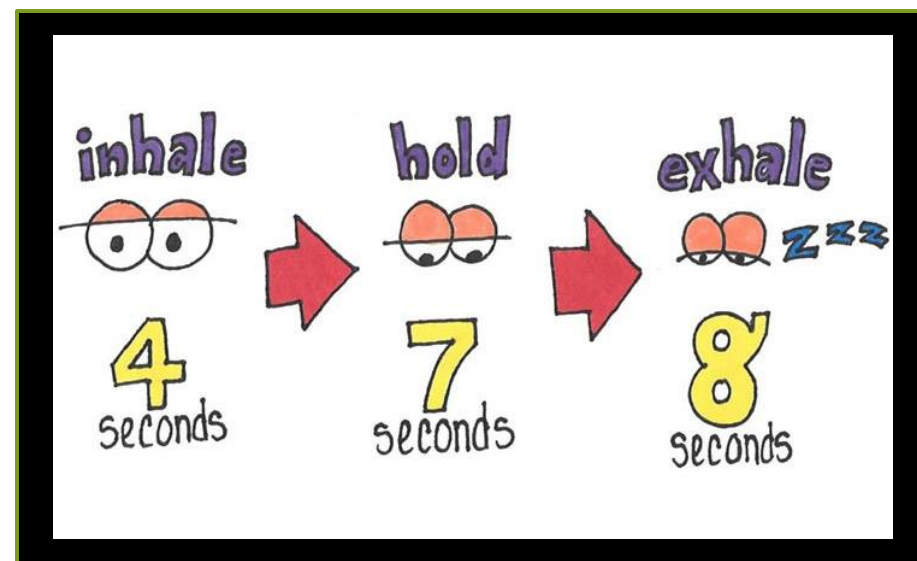
Wake-Up Wednesday

Slowing Down

Sometimes we need to move, but sometimes we need to take some time to slow down and breathe. Taking time to relax and slow our brains each day is important too. This allows our brain and body to take a break and can teach our brain new skills.



https://www.youtube.com/watch?v=bRkLioT_NA



<https://www.youtube.com/watch?v=PmBYdfv5RSk>

Thankful Thursday

Gratitude Journal Starters

- What in nature are you grateful for?
- Write about a happy time in your life
- Write about someone or something that makes you happy
- What are three things that you are thankful for?
- What part of technology are you thankful for?

Thank-you card

Everyone loves a homemade card! Create your own thank-you card for that special person in your life

- Fold a piece of paper in half (construction paper, cardstock or any paper you have!)
- Write "Thank-you" on the front of your card *Be creative and design with color, drawings, collage, stickers
- Inside the card write a special note of thanks
- Have fun decorating your card!

Things you will need:

Paper, pencil, markers, stickers, (magazines if you choose to do a collage)



Feelings Friday

How are you feeling today?

Our feelings can change significantly throughout the day. It's ok to feel more than one emotion at a time. Let's check how your child or yourself are feeling over the course of the day. What impacted changes in our feelings? How is self-isolation impacting the way we feel?

Morning



Afternoon



Evening



Reflections:

Did my feelings change throughout the day?

What caused my feelings to change?

What are you grateful for today?

Name 2 or 3 things that can help you feel better throughout the day (e.g. music, walk, connecting with others)