

Mindful Monday

Things you will need:

Bubbles

A plush stuffy or light weight object

How are you doing?

- Feelings Check in
 - Give a thumbs up or a 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.

Belly Breathing

Gently lie down on your back and place a stuffy on your belly. Watch as you breathe! The stuffy will move up when you breath in and down when you breath out. Being mindful of how your body works will encourage you to use your belly when breathing.



Bubble Breathing

Gently blow to create bubbles. This is a good way to be playful and breathe deeply. In order to create bubbles, you need to blow carefully and slowly. This helps us to take deep breaths which calms our brains.

Tone It Down Tuesday

Learning Goal

Identify what makes us angry, 'our triggers'
Explore positive and negative ways we might react to our anger

Activity

- Click on the link to watch the read aloud called, "When I Get Angry", written by Cornelia Maude Spelman.
<https://www.youtube.com/watch?v=hLir-9eT9dl>
- Can you identify some of the triggers that cause the main character to become angry?
- Consider how the character responds to these triggers. Can you recall some of the positive ways the character *did* react? And negative ways the character *could* have reacted?
- Now it's your turn. Look at the chart attached and provide some of your own examples. You can act it out, write it out or talk it out with someone in your household.
- Next week, we will learn how our positive and negative reactions to our anger can change the way other people feel and think about you.
- ***Remember, feeling angry is ok, it's how we handle it that is important!**

What makes me angry (triggers)	Positive ways of responding	Negative way of responding
Being teased (how I look, my clothes, etc.)	<ul style="list-style-type: none">• Ignore• Ask them to stop	<ul style="list-style-type: none">• Insult them back• Hitting
Losing a game	<ul style="list-style-type: none">• Congratulate the winner• Take space	<ul style="list-style-type: none">• Call them a "cheater"• Throw game pieces
When my sibling won't leave me alone	<ul style="list-style-type: none">• Kindly ask for space• Remove yourself to a alternate space• If the above doesn't work, ask for help	<ul style="list-style-type: none">• Hit them• Yell• Swear
* Add your ideas now

Wake-Up Wednesday

Sometimes "waking up" can mean slowing down and taking time to notice things around you. Today we have some activities that will have you slow down and look at things around you in a different way and explore familiar things in a new way.

New Sounds

Notice 5 sounds around you right now. Count them on your fingers.

Can you name them?

A New Song

Listen to your favourite song. Pick an instrument and focus on it throughout the whole song.

Mindful Music

Listen to a familiar song. As you listen, notice your thoughts, memories and feelings.

Draw a picture to show your thoughts.

Old to New

Find some items around the house that are no longer being used, such as recyclables. Use them to create something new.

Thankful Thursday

Random Acts of Kindness

A random act of kindness is an action that is performed for another simply to bring that person happiness. Someone who performs a random act of kindness expects nothing in return. Who can you perform a random act of kindness for today? Examples: tidy up, make your bed, help your sibling with homework, feed your animals.

Thankful Thursday Letter/Email

https://hwdsbonca-my.sharepoint.com/:w:/g/personal/abirro_hwdsb_on_c_a/EWBLPaexQCxIkGJlf7adkTwBrpWOYRIwsK_rTzSxwziQsA?e=2Z2Z6C

Thankful Thursday



Dear _____

I am thankful for you, because _____

Another reason why I am thankful for you is _____

Thanks again,

Feelings Friday

What do my feelings look like?

Things needed for this activity:

- Mirror
- Pencil/paper
- Camera or phone camera

Over the last several weeks, we have all experienced changes in our feelings. We experience a range of emotions everyday. Have you ever stopped to look at your face and body as your emotions change? Today, have your child and yourself examine what your face looks like when you exhibit certain feelings.

Ask yourself the following questions:

- What are my eyebrows doing?
- What are my lips doing?
- What does my chin look like?
- What is happening to my eyes?



Using a paper and pencil or your camera, document what you and your child see. Do your facial expressions match your feelings?