



THRIVE BEHAVIORAL HEALTH
MEETING PEOPLE WHERE THEY ARE

Thriving Families

During this challenging time, the Thrive team has decided to compile useful resources, tips and activities into a weekly newsletter for Thrive families. Most of these tips and activities are geared to children ages 4–12. We hope this brings you a simple and enjoyable way to stay connected to your family.

Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Commit to being more active this month, starting today	2. Listen to your body and be grateful for what it can do	3. Spend as much time as possible outdoors today	4. Have a day free from TV or screens and get moving instead	5. Eat healthy and natural food today and drink lots of water	6. Turn a regular activity into a playful game today	7. Do a body-scan meditation and really notice how your body feels
8. Get natural light early in the day. Dim the lights in the evening	9. Give your body a boost by laughing or making someone laugh	10. Turn your housework or chores into a fun form of exercise	11. Be active outside. Dig up weeds or plant some seeds	12. Set yourself an exercise goal or sign up to an activity challenge	13. Move as much as possible, even if you're stuck inside	14. Make sleep a priority and go to bed in good time
15. Relax your body & mind with yoga, tai chi or meditation	16. Get active by singing today (even if you think you can't sing!)	17. Go exploring around your local area and notice new things	18. Make time to run, swim, dance, cycle or stretch today	19. Have a 'no screens' night and take time to recharge yourself	20. Spend less time sitting today. Get up and move more often	21. Focus on 'eating a rainbow' of multi-coloured vegetables today
22. Regularly pause to stretch and breathe during the day	23. Enjoy moving to your favourite music. Really go for it	24. Go out and do an errand for a loved one or neighbour	25. Get active in nature. Feed the birds or go wildlife-spotting	26. Try a new online exercise, activity or dance class	27. Take an extra break in your day and walk outside for 15 minutes	28. Find a fun exercise to do while waiting for the kettle to boil
29. Meet a friend outside for a walk and a chat	30. Become an activist for a cause you really believe in					

ACTION FOR HAPPINESS **Happier · Kinder · Together**

CELEBRATING ONE YEAR OF THRIVING FAMILIES!!

Thriving Families is turning one! We're celebrating one year of sharing family friendly tips, resources, and activities by revisiting some of our favorites. We've loved being able to explore all of these fun ideas and important information with you throughout the past year!

5 Dinner Time Prompts

Try these conversation starters at dinner time and see where the conversation takes you!

- What is your favorite time of year?
- If you could change one thing about the world, what would it be?
- What is your favorite thing about yourself?
- What is your favorite season?
- What is something you want to learn how to do?

Mindfulness Corner Breathing Colors

Ask your child to think of a relaxing color. It can be any color they like, as long as it is one that makes them think of relaxation. Then ask your child to think of a color that represents stress, sadness, or anger. Have your child imagine breathing in the relaxing color and visualize it filling their lungs, then imagine breathing out the stress, sadness, or anger color.



How to use Common Games to Identify Emotions:

Connect 4 - Label each circular piece with an emotion. When someone gets 4 in a row, they must identify a time they felt each emotion that makes up the winning row.

UNO - Each color in the UNO deck represents an emotion (For example, Red = angry, Blue = Sad, Green = Scared, Yellow = Calm). Each time a card is played, the player who placed the card down must identify a time they felt that particular emotion.

Don't Break the Ice – Label some of the blocks with emotions. Each time one of those blocks is knocked down, the player that knocked it down must identify a time they felt that emotion. As a more advanced version, identify what you can do when you feel that particular emotion. As an incentive to knock out the emotions blocks, let the player who knocks it down determine whose turn is next.

Jenga – Label each Jenga block with an emotion in one of 3 colors. When a block is pulled out, the player must do the coordinating action for that emotions. Actions should be, “Act it out (act out the emotion labeled on the block), “I feel ____ when....” (example: “I feel happy when I play with my friends”), and “When I feel ____, I can...” (example When I feel calm, I can read a book.”)



Self Care Strategies for Kids

Self-care isn't only for adults. It is also important for kids to be able to take a step back and recharge, both mentally and physically. Here are some ways for kids to partake in self-care.



- Ride a bike.
- Take a bath.
- Cook and eat a meal (with parents).
- Do yoga.
- Make a gratitude list.
- Drink a cup of hot chocolate or hot tea.
- Take a pet for a walk.
- Lay down and look at the stars.
- Write in a journal or a blog.
- Call a friend.

Talking with Your Children about Racism

Check out our list of books to read with your child! These are just a few out of many. Do some research and find more books to read!

The National Geographic has put out an extremely helpful and informative article about talking to your children about race. Key takeaways from this article are to talk about race based events and the emotions that these events bring out, introduce diversity into all aspects of your lives and don't talk about race as a one-time event. Discussions about race and diversity should be open and on-going.

<https://www.nationalgeographic.com/family/in-the-news/talking-about-race/#close>



5 Life Skills to Teach Children During Quarantine

1. **Basic First Aid**—Make a first aid kit together. As you compile the items, explain the purpose of the item and what type of injuries it would be used for.
2. **Cooking**—Make a meal with your child. Explain the importance of safety in the kitchen and the hazards involved. Allow your child to help you plan the meal and measure and mix the ingredients.
3. **Budgeting Money**—Use Monopoly or other pretend money. Give your child a certain amount of money to spend each day and put price tags on items they would like to use (or eat). Allow your child to carry any unused money over to the next day. Talk about the importance of saving money rather than spending all of it in one place.
4. **Doing Laundry**—Have your child help you separate the whites from the colors. Show them the functions of the washing machine and dryer, how to measure the detergent and fabric softener and reading the clothing tags from washing instructions.
5. **Time Management**—Allow your child to plan their own schedule. Let them know what needs to be done each day and allow them to decide when they will conquer each task. Help them stay on schedule by visually displaying their schedule. Use an alarm clock or timer to help.

Gratitude Scavenger Hunt

Have each member of your family participate in the Gratitude Scavenger Hunt.

Share the items and explain why you chose those items.

1. Find something outside you enjoy looking at.
2. Find something that is your favorite color.
3. Find something that makes you happy.
4. Find something that tastes delicious.
5. Find something that smells good.
6. Find something that makes you laugh.
7. Find something that someone else will enjoy.
8. Find something that makes you feel safe.



Idea Rocks

Paint fun activity ideas on rocks and place them around your community for other families to find and give them ideas of new things to try. Here are some ideas for your idea rocks:

- Backyard Picnics
- Zoom Dance Parties
- Cooking Contests
- Make a Chalk Sensory Path
- Cook a New Recipe

