

# Weekly Wellness Plan

Summer Guide – June 15-20

**Finding the Pause**

- 1** Breathe normally.  
At the end of each out-breath, notice the short pause that happens before you breathe in again.  
Relax your shoulders during the pause.



- 2** Breathe in again. Breathe out and find the next pause.  
Relax your tummy muscles during the second pause.
- 3** Breathe in. Breathe out and find the next pause.  
Relax your feet during the third pause.

- 4** Continue as long as you wish, relaxing your whole body a little more with each pause.  
This is a helpful exercise any time you don't get your way or have to wait your turn.



## Journaling

Something that has been said again and again is that a practice of gratitude, especially in trying times, can lead to a happier and calmer day-to-day life. Start every day, or end every day, by writing 3 things you're grateful for.

## Make Your Own Stress Ball:

1. Start with putting about 1/3 of a cup into a water bottle with a funnel. Use a pencil or a chop stick to poke the flour into the bottle. How much flour you need will vary on how big your balloons are. You want to fill the balloon all the way up, but too much flour will make it hard and not enough will make it to squishy.
2. Take one balloon and blow it up as big as you can, then let all the air out. Then blow it up again about half way, and twist it closed (NOT TIED IN A KNOT) just twisted.
3. Hold the twisted part of your balloon and put the opening of the balloon over the water bottle. Hold it tight and allow the neck of the balloon to untwist. You can now start to squish the flour from the bottle into the balloon.
4. Once all the flour is in the balloon, hold the neck of the balloon and slowly let out the air. SLOWLY if you do it too fast the flour will fly out as well, making a huge mess.
5. Take a wet rag and wipe off any flour that has gotten on the outside of the balloon. You need the balloons to make a seal, and if there is flour on the outside they will not seal together.
6. Cut the neck of the balloon off.
7. Take a 2nd balloon and also cut the neck of that balloon off. Put your fingers inside the opening to make the hole larger and wrap it around the balloon you have with flour on it. Careful not to spill the flour out.
8. Once again wipe off any flour that may have gotten on the outside, and do step 7 again with another balloon. For a total of 3 balloons on the outside.

## Mindfulness Activities

### Go Noodle

There are 100's of free videos to try, many focus on mindfulness. [www.gonoodle.com](http://www.gonoodle.com)

### Mindful Coloring

Mindful coloring helps focus the mind on being in the moment (what color to use, where is the color going in the picture, etc.). This allows our brain to have a break from its stressors, calm down, and then allows us come back to them in a calmer state.

### Unplug

Take at least an hour before bedtime and turn off all technology. Not only does this allow your body to relax and prepare for sleep, it allows you to focus on what's right in front of you, to be in the moment.

### Turn off the TV- Turn on the Radio

Turn off the TV and put on a steady stream of music. The radio is good but has a lot of voices cutting in, sound effects, and commercials. A steady stream of music may help add background noises without all the clutter.

# Weekly Wellness Plan

Summer Guide – June 15-20

Our schools may be closed but our Catholic educators and support staff will continue to ensure that our remote emergency learning connections with students are safe spaces. Support is available for anyone who is feeling vulnerable – at any time.

Should you need support for yourself, a child or loved one, the following resources are available:

Youth Worker Services are available through the school. Please let your child's teacher or Principal know that you would like Ms. Allcorn to call you.

## Community resources

CMHS: 613-966-3100 (Children under 15)

QHC Crisis: 1-888-757-7766 (Youth 16 + and Adults)

Maltby Centre: 613-546-8535 (Children and Youth)

Kids Help Phone

<https://kidshelpphone.ca/>

1-800-668-6868

24/7 Crisis Text Line is now available to Canadians of all ages supported by Kids Help Phone:

If you are an adult, text WELLNESS to 741741.

If you are a child or youth, text CONNECT to 686868.

School Mental Health Ontario – parent resources

<https://smho-smso.ca/parents-and-families/>