

Weekly Wellness Plan

Optimism - May 19-22

Optimism

We often hear sayings about looking on the bright side of life. Turns out that looking on the bright side can actually help our lives seem brighter. Mix that with a realistic look at obstacles and you have a strategy for success.

Optimism Journal

Simply spending 5-10 minutes a day writing or drawing about something positive, focuses the brain on what is positive rather than what is negative. By paying attention to positive aspects of life, a greater weight is put on them in your mind and makes them more real, often changing your attitude about many things by turning them into positive.

Challenge yourself!

Find 5-10 things that make you smile, make you feel happy, brighten your day. Journal, draw or make a picture collage and creatively tell your family, teacher and class about your adventure!

Sleep!

Don't forget to try and stick to a good sleep schedule! It's good for your body and brain, and it is a whole lot easier to stay in control of your emotions when you get enough sleep!

Tips for a good night sleep:

- Turn off devices at least one hour before sleeping
- Stick to a time schedule for bedtime and waking up time, as much as possible
- Get some fresh air and exercise daily
- Write in a journal before bed and write your to do list, so those worrying thoughts don't need to keep you up at night.

Video

"Happy Thoughts" Sesame Street

<https://www.youtube.com/watch?v=K-ob8sr9ZX0>

Five day Challenge!

- Design a rainbow out of items you find outside and around your house.
- Watch a funny movie or read a funny book with your family.
- Talk about your feelings to someone in your family
- Journal or draw a picture of your favourite part of the day.
- Ask each family member how you can help them today.

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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.

Board – Parent/Guardian Resources

<https://www.alcdsb.on.ca/community/COVID-19/Pages/Parent-Guardian-Resources.aspx#/=>

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)

Morneau Shepell's Free Crisis Support Line for anyone impacted by the tragedy in Portapique, NS call [1-844-751-2133](#).

Kids Help Phone [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.