



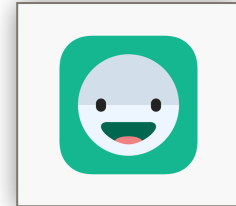
Journaling apps :



Grid Diary



3 Good Things



Daylio

GILKS' GUIDE

TO WELLNESS RESOURCES

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl			1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Social/Emotional Health

This is a fabulous website for various strategies to help manage awkward emotions. Take time to try the **5-4-3-2-1 grounding exercise**...it is awesome to use if you feel overwhelmed!

<https://copingskillsforkids.com/calming-anxiety>

Other guardian resources that could prove helpful :

Mental Health and the COVID-19 Pandemic

The Centre for Addiction and Mental Health (CAMH) have a detailed FAQs page

How to manage anxiety during the COVID-19 outbreak

A Q&A with Clinical Psychologist Dr. Brooke P. Halpern, Psy.D., J.D

Talking to your anxious child about COVID-19

An informative article from Children's Mental Health Ontario (CMHO)

How to Talk to Kids and Teens About the Coronavirus

Erin Walsh, M.A. and David Walsh, Ph.D. explain this in a detailed *Psychology Today* article.

How to support student mental health during the COVID-19 pandemic?

School Mental Health Ontario (SMHO) has compiled tips and resources on this topic.

Kids Help Phone

Kids Help Phone offers 24/7, confidential nation-wide support service.

Learning from Home

Today's picture is....



Picture of the Day

<http://www.pobble365.com/>

A great website with engaging story starters and fantastic images!

Dreambox Math site

<https://play.dreambox.com/login/knjs/aaj2>

You will need a unique log in and password. You do not have to create one. All you have to do is email you math teacher directly and they will send you the info you need.

Career Concepts

Are you interested in animals? Taking care of them? Photographing them? Veterinarian? Zoo Keeper? Check out the live zoo cams!

<https://www.sdzsafaripark.org/tiger-cam>

<https://www.georgiaaquarium.org/webcam/jelly-webcam/>



Hotlines:

CHIMO

1-800-667-5005

**KIDS HELP
PHONE**

1-800-668-6868

or text 686868

*Child & Youth
teams 778-6111*

*Mobile Crisis
Units 623-3333*

