



Just for FUN apps...



Gorogo puzzle



BBC civilizations



DIY creative challenges

GILKS' GUIDE

TO WELLNESS RESOURCES

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY "Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

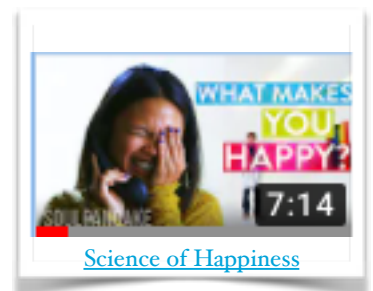
www.actionforhappiness.org

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

Keep Calm · Stay Wise · Be Kind

Social/Emotional Health

At this time when isolation is important in our community, our perception of happiness can be challenged. Happiness is linked to good health. In the article "6 Ways Happiness is Good for your Health", <https://greatergood.berkeley.edu/article/>, it is stated that we can train the brain for happiness. The brain training for positivity involves exercises in mindfulness and gratitude. Check out the science of happiness



Science of Happiness

video from soul pancake! <https://www.youtube.com/watch?v=oHv6vTK> Now, try and text or call someone to THANK them! See how you feel after...you just thickened a neural pathway to happiness.

Take the New Brunswick 30-day mindfulness challenge at <https://app.mindwellu.com/newbrunswick> that the provincial government supports. Get your family members involved too!

Learning From Home



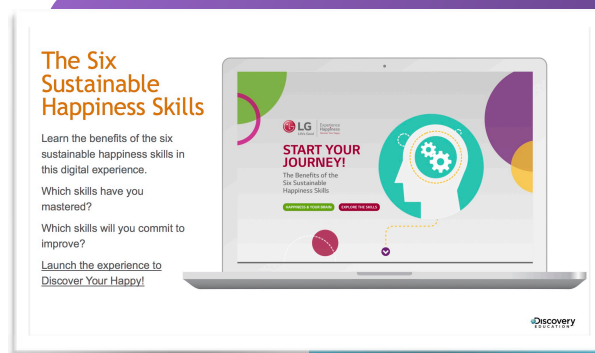
Explore the **DEN**: Discovery Education Network and take advantage of the weekly learning activities and the awesome presentation on the six sustainable happiness skills.

<https://s3.amazonaws.com/www.discoveryeducation.com>

Picture of the Day:

<https://www.pobble365.com/an-unexpected-adventure>

Story starter...She knew it hadn't been a good idea to leave the tap running, but now she was starting to enjoy herself...



10 SCREEN FREE Things to Do at home...

- interview a family member
- be completely silent for 30 minutes and write about the experience
- build a fort and imagine a camping trip, make s'mores
- fix something that's broken
- draw a map of your home
- host a fashion show in your room
- do a puzzle
- clean out the closet
- learn magic tricks
- write a song or poem

Careers

Visit my blueprint.ca and take the interest, personality, and learning style surveys. Your login is your school login!

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

Hope for Wellness
1-855-242-3310