







# GILKS' GUIDE

TO WELLNESS RESOURCES



# Coping Skills Checklist Calming Skills

### Social/Emotional Health

Let's take time to glance over some types of coping skills that each of us might use! 4 categories... CALMING,

DISTRACTION, PHYSICAL, and PROCESSING. Choose a few to try and add your own to the lists! Maybe a little creativity can spark our energy.

## Keep Calm · Stay Wise · Be Kind Coping Skills Checklist Physical Skills Processing Skills

#### Check out...

Social Media Crash Course

www.youtube.com watch



## Learning from Home

Create! Learn and have fun while trying out any of these awesome activities.

www.30 Creative Activities for Kids.pdf



Picture of the Day!... www.pobble365.com-lets-leave



Think carefully about where the bubble might be taking her. Think about what she would see when she gets

there. Can you write or draw what you have imagined?

#### Careers

Calling all ARTISTS! Ready to stay creative at home? There are art contests, museum tours, digital art, and more. MrsVelazquezArt on instagram provides a link to a **tremendous** list of sites to explore! Enjoy! <a href="https://www.docs.google.com/art at home">www.docs.google.com/art at home</a>

#### Hotlines:

Miramichi TELE-guidance 626-3257

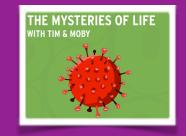
CHIMO 1-800-667-5005

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



www.brainpop.com/coronavirus