



SUMMER BREAK WELLNESS TIPS FOR PARENTS/GUARDIANS

You are your child's most important teacher. This pandemic has been hard on everyone; students, parents/guardians and school staff alike. We encourage you to take some time this summer to connect with your child, have fun, enjoy the outdoors and get ready for another year of learning in the fall. One of the best ways to be ready is to relax, stay healthy and enjoy activities with those who care for you. Here are some ideas to get you started:

Have fun this summer with your child

Plan activities you enjoy

- At the beginning of each day, choose a project or activity that you would like to do. Examples may be learning to cook a new dish, trying new exercises, drawing, painting, writing in a journal, achieving a higher score in a game, making a video, doing something nice for someone else, etc.

Stay connected

- Stay connected with others. Call, text, video chat with family, friends, and/or people that make you feel good.

Sleep

- Keep a regular sleep routine by going to bed and waking up at around the same time each day. Kids aged 6 to 13 need 9 to 11 hours of sleep and youth aged 14 to 17 need 8 to 10 hours of sleep each night. Getting enough sleep can be so beneficial for your emotional health.

Mindfulness

- Ask your child to teach you a mindfulness activity they learned at school! If they can't remember one, sit quietly and breathe deeply together for one minute.
- Take a few minutes and imagine being in your favourite place
- Squeeze your fists tight, hold, relax, and let the energy go
- Ground yourself by closing your eyes and noticing what you hear, feel, and smell
- Get creative by sketching, drawing, or painting
- Write about your day and/or your thoughts in a journal
- Go for a walk outside

Physical activity/Time outside

- Make time for physical activity each day. Soak in the sun and fresh air by engaging in physical activities outdoors when you can!

Take time to connect with your children about their feelings

- It is normal for children to feel all kinds of emotions, positive and negative. Spend time talking about feelings and helping your child to notice and name the emotions they are feeling. Take comfort in knowing that difficult feelings will not last forever.
- Consider asking your child: what makes you happy? What makes you sad? What is the funniest thing that ever happened to you? What was the best part of your day?

Technology

- Balance screen time such as TV, video games and tablets with other activities as much as possible. Think about using puzzles, board games, card games, reading books, tag, bubbles and sidewalk chalk.

Look after yourself too!

Caring for children is a really hard job, take some time to acknowledge that you are doing the best you can.

- Connect with other adults
- Get some exercise
- Take a break to watch a show or listen to music
- If you need parenting support, call 211 – there is even a 24 hour chat option

<https://mb.211.ca/contact-211>

APPS

Always there

Mindshift

Calm

If you need help right now:

- Kids Help Phone
1-800-668-6868
Text 'CONNECT' to 686868
- Clinic Crisis Line
204-786-8686
- Youth Mobile Crisis
204-949-4777

WEBSITES

- gonoodle.com
- winnipeg.ca/cms
- wpl.winnipeg.ca/library