



Survive and Thrive

Community Resource Program Weekly Bulletin – Issue 29

Supporting Children's Emotional Well-being During Covid-19 – Part 2

1. Keep children busy.
2. Increase children's self-efficacy (sense of having agency or control).
3. Create opportunities for caregivers (which may mean yourself!) to take care of themselves.
4. Seek professional help if children show signs of trauma that do not resolve relatively quickly.
5. Emphasize strength, hope and positivity.

<https://fosteringperspectives.org/?p=1943>



Joke Corner

1. What is an elf's favourite sport?
North-pole vaulting
2. What do Snowmen eat for breakfast?
Snowflakes. (or Frosted Flakes!)
3. Why was the little boy so cold on Christmas morning?
Because it was Decembrrrrr!
4. Why do mummies like Christmas so much?
Because of all the wrapping!

<https://redtri.com/funny-christmas-jokes-for-kids/slide/1>

Self-Care & Mental Health

Tips for Kids

Share your own feelings to encourage self-awareness.

Recognize toxic stress events.

Practice self-care for yourself to set the standard.

Cultivate interests and hobbies.

Set aside time for low stress or solo activities.

Encourage journaling and writing.

Encourage them to focus on the moment.

Find social groups that help them feel like they belong.

Focus on articulating feelings.
"I am angry."
"I am sad."

Establish a self-care routine.

Blessing Manifesting

Activities for Winter/Holiday Fun

Christmas and Holidays in Kitchener -Waterloo Region - <https://www.todocanada.ca/christmas-kitchener-waterloo-region/>

Virtual Field Trips – 35 Destinations to Take Your Kids -
<https://www.todayparent.com/family/activities/take-the-kids-on-a-virtual-field-trip/>

Winter Wonders – Crafts and Activities -
<https://www.pinterest.com/connectionsacad/winter-wonders/>

25+ Amazing Educational Virtual Field Trips – Spring 2020 - <https://www.weareteachers.com/best-virtual-field-trips/>