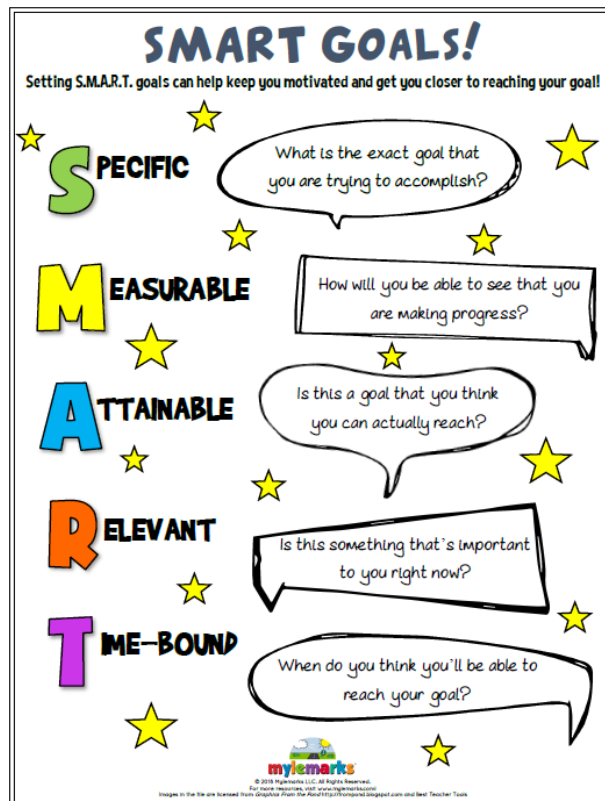


Wellness Lesson 3

Corresponding video: Setting goals <https://www.youtube.com/watch?v=XGd0gg5Fgic>

Activities:

- Talk about or write some goals you have....ask students what are some of their goals? What steps they might need to take to accomplish this goal?
- Will they need help to accomplish their goal? Who can help with this? (Hint-there is no goal too big or too small)
- These are some things to consider when thinking of our goals and what we might like to accomplish.



Challenges for parents:

- The start of a new month is great time to evaluate and think of goals you'd like to accomplish this month.
- Create some household/ family goals that you can all focus on as a family.
- Allow brainstorming and input from everyone.
- Goals do not need to be serious all the time....setting aside time for fun or week family activities can be a great starting point for making and meeting goals.

April Self-Care activities:

- During these unexpected and confusing times, our daily lives can easily become overwhelming and stressful. Finding balance and practicing self-care is important to keeping us calm, kind and find meaning for our lives.
- Below are some self-care activities to help us during these challenging times.

ACTIVE COPING CALENDAR: APRIL 2020

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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

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

- *Feel free to share with us some goals you have made as a family or some self-care strategies that you and your family have practiced together!
- We learn best from each other!
- We are interested to know what you've been up to.

Happy April Lake Shore Families! Be Well and Stay Safe! We can't wait to be back together again! ☺