

May 27th 2020



Try this from Kids Help Phone if you need to calm down and relax
[Tension Release](#)



To learn more about mental health & to find resources in your community go to [UCDSB Website](#)

Or call 211



See updates to Learning Commons for more information about [mental health](#)

Everyone thrives with some sort of **routine and structure**, most especially children and teens. Set up reliable routines for the different aspects of your child or teen's life—getting ready for the day, leisure time (including physical activity!), learning time, chores, and getting to bed on time. You'll help your child or teen learn about structure and time management. Structure is created by consistent routines and rules. Routines also help children and teens know what to expect throughout the day which is especially important for wellness during periods of change or uncertainty.

A Daily Sample Schedule for Children

Time	Activity
Morning	Good morning! Time to get up, washed and dressed
	Breakfast Don't forget to brush your teeth afterwards!
	Morning exercise Go for a walk, silly dances, yoga
	Academic Time Electronics only if required for schoolwork. No video games!
	Clean-up Time cleaning, sorting, organizing, play dough, paint
Afternoon	Lunch Help set the table
	Chore time Help your toys, help with the lunch dishes, wipe down handles
	Quiet time Reading, puzzles, nap
	Academic Time Electronics only if required for schoolwork. No video games!
	Fresh Air! Bike ride, walk the dog, play outside
Evening	Dinner Help set the table, clear the dishes
	Relaxation Time TV, video games, reading, puzzle
	Good night Wash up, brush your teeth, get into bed

Check-out the health and physical education choice boards on our [UCDSB Learn at Home page](#) for fun and healthy activities to include as part of your child or teen's daily routine.

Self-care is important all of the time but no time is more important than right now.

When you practice self-care you build resilience to help cope with life's challenges. You'll even find things like learning are easier to manage if you are taking care of yourself.

What do YOU do for self-care? Kids Help Phone has this list of great ideas. Which ones work best to help you feel calm, content, centered, accomplished, or energized?

Visit [Kids Help Phone](#) for more information.

Kids Help Phone's self-care checklist

- I make self-care a priority every day
- I am kind to myself
- I take breaks to do things I enjoy
- I give myself encouraging words
- I spend time in nature
- I challenge my negative thoughts by using positive self-talk
- I practice deep breathing
- I use grounding techniques
- I try to stay present in the moment
- I focus on what I can control (instead of what I can't)
- I get plenty of sleep and rest
- I do relaxing activities
- I save time for reading
- I listen to calming music
- I take warm bubble baths
- I remind myself of my courage and strength (even when things got rough)
- I practice meditation
- I try new things
- I do yoga
- I take digital detoxes
- I meet my goals
- I participate in activities I'm passionate about
- I give my body the nutrition it needs
- I practice storytelling
- I get lots of physical activity
- I spend time with people who lift me up
- I focus on my strengths (and improving my weaknesses)
- I spend time on my own when I need to
- I journal or write down my thoughts/feelings
- I talk to someone I trust when I need help

Kids Help Phone 1-800-668-6868 KidsHelpPhone.ca



Call 1-800-668-6868 for support or Children and youth text CONNECT 686868 Adults text WELLNESS 741741