

Keeping **YOU**th Connected

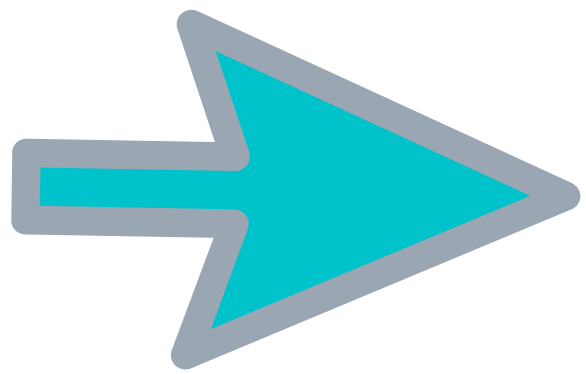
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Working Together to Create a New Normal

Social distancing can be especially hard for youth who feel cut off from friends. You may also be facing big letdowns as big important events are being cancelled.

Here are some tips for **YOU**th going through a difficult time and tips on how to create a productive routine

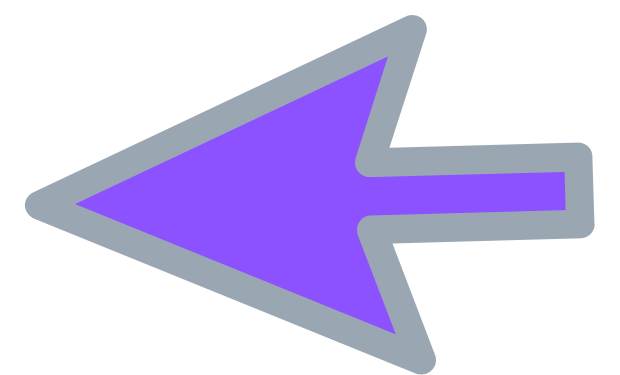
Stick to a schedule



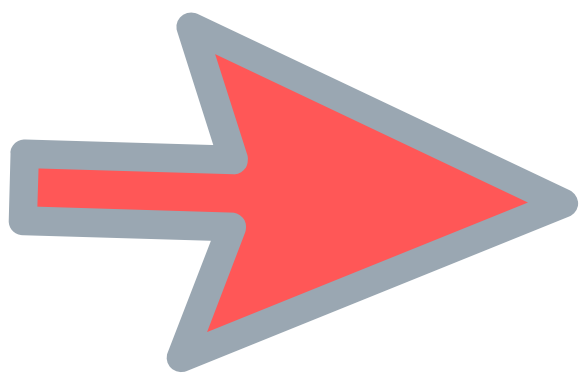
that works with online learning. Set a time to wake up, exercise, shower, get dressed, have breakfast, or whatever you need to start the "school day." If it helps, allow yourself to sleep in a little later than normal. Like you would be in class, phones should be off while doing schoolwork. Keep the TV off during school hours, and limit time watching the news. Plan mini breaks and a 1-hour lunch break.

Make dinner a transition time

between the "school day" and the evening. Dinner is a great time to gather the whole family together to talk and share a meal. Try fun conversation starters, such as, "My favorite part of today was..." or "Today I am grateful for...". This may be the time your family may choose to observe a quiet moment together. Try to keep your usual sleep time routine so you are ready for learning each day.



Allow yourself "down time"



It's normal for you to crave more privacy from your family. Give yourself space for some quiet time, creative time, music time, or to virtually hang out with friends. This can help ease any feelings of being isolated from your friends or difficulties with routine-change.



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for counselling supports.

Cree
WORD
OF THE WEEK



Tansi Nihmamah

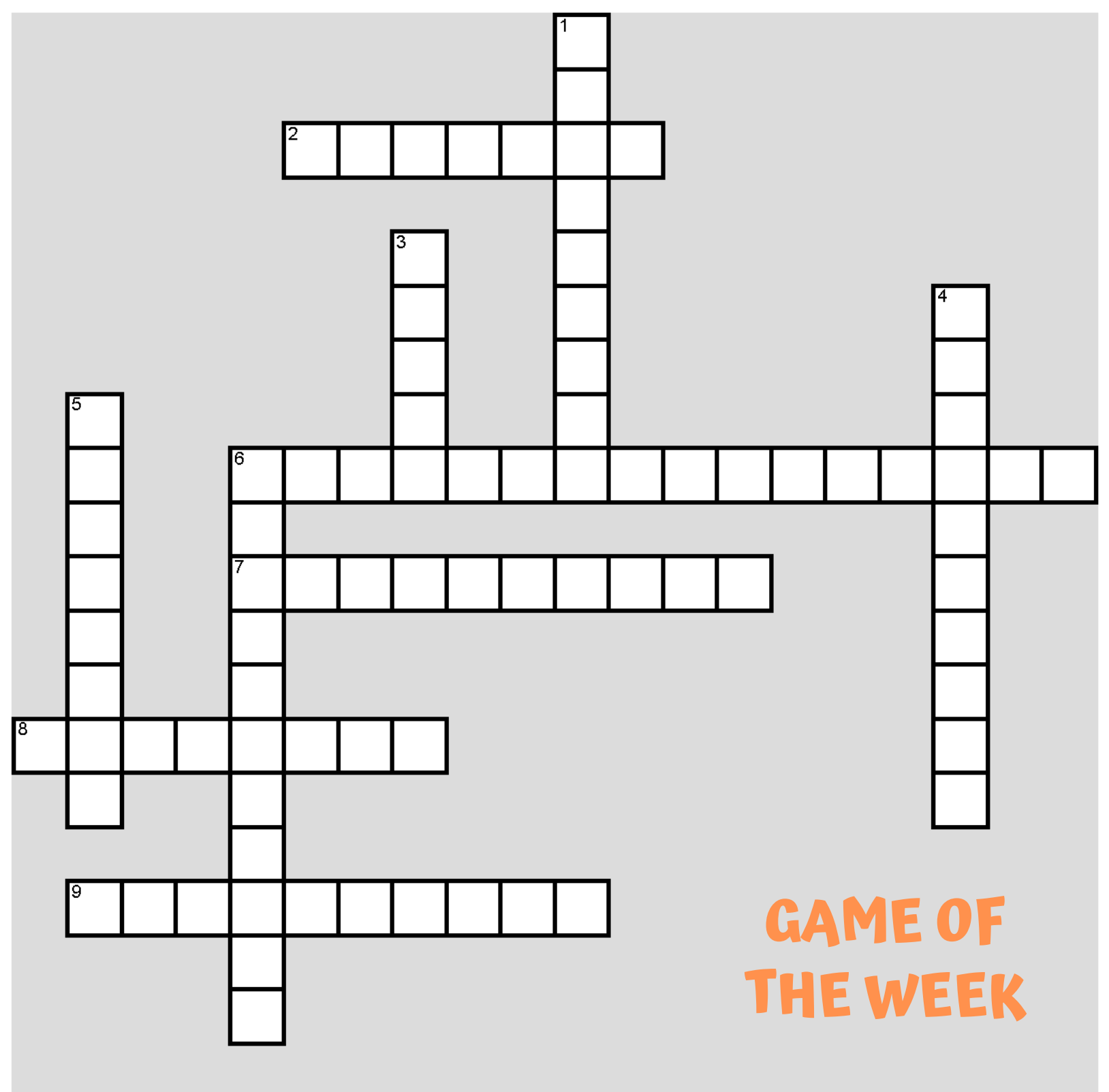
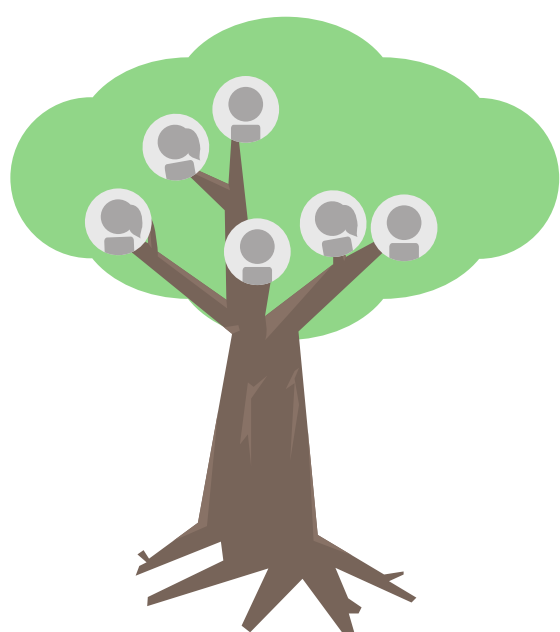
Hello my mother

CHALLENGE OF THE WEEK

Find household items and create a "Minute to Win It" game for you and your family to play this weekend. Create a list of fun one minute challenges that your entire family can do and have fun with.

Start a Family Tree

1. Gather what you already know about your family: look for old photos, letters, stories..
2. Talk to your relatives (call those not in your house): ask them about stories growing up (search genealogy interview questions online).
3. Put it on paper: write down what you know . Start with a five generation tree.
4. Focus your search: Try to answer the mystery first and work your way back.
5. Call your Elders and Knowledge Keepers.
6. Search the Internet for information or stories about your ancestors.
7. Organize your new information. Make a tree or chart and make sure you date and note your sources.



**GAME OF
THE WEEK**

Across

- 2 Not Monday to Friday.
- 6 Helps stop the spread (2 words)
- 7 Someone you can call and speak to if you are sad.
- 8 A group of songs you saved.
- 9 Another word for rewarding

Down

- 1 To say in contact with.
- 3 Hello in Cree
- 4 A chart about your family (2 words)
- 5 Another word for routine.
- 6 Another way to communicate with friends online (2 words)

