

Keeping KIDS Active

AUGUST 2020 // WEEK 2 // PAGE 1

Helping Kids Understand What They Can Control

Helping kids understand what they can and cannot control is important for learning and emotional well-being. When kids try to control things outside of their control, it can leave them feeling anxious and overwhelmed. Here is an activity from <https://www.counselorkeri.com/2017/10/06/what-can-i-control-a-simple-visual-activity-for-school-counseling/>

VISUAL ACTIVITY FOR KIDS WHO NEED TO CONTROL EVERYTHING

What you will need: Paper, Pencil, Markers

How to do it:

- Ask your child to trace their hand onto the paper.
- On the inside of the hand write "In my control" on the outside of the hand write "Out of my control".
- Ask your child to write or draw the things that are in their control on the inside of the hand. These could be things like:
 - My behaviour
 - My thoughts
 - My actions
 - The words I choose to say
 - The words I choose to keep to myself
 - The way I react to others
- On the outside of the hand, ask your child to write or draw things that are not in their control. These could be things like:
 - My parent's job
 - The weather
 - My friends feelings
 - My brother or sisters feelings
 - My friends behaviour
 - My classroom

Have a discussion:

- Explain that if something is in their hands, they are in control of it.
- Explain that if something is not in their hand, they are not in control of it.
- Let your child know that trying to hold onto something tightly in their hands that is truly outside of their control can leave them feeling overwhelmed and exhausted. It's hard to hold onto something that we have no control over.
- Have your child visualize themselves by opening their grasp and releasing whatever that thing is can be a powerful way to let go of that tension and focus on the things "at hand" or the things that are truly within their control.
- Discuss something that may be on your child's mind that they are trying to control. For example if your child has issues with you leaving for work in the morning, create a visual representation:



- Have them visualize you driving to work and visualize the car driving through the fingers to the outside of the hand.
- Help your child create a narrative: "I cannot control my mom leaving for work. I CAN choose to control my actions. I CAN choose to notice things that make me happy, like when my mom comes home"

See video for example by clicking the play button or go to: <https://youtu.be/nxacynVqWd8>



Things I Can Control BINGO

WHOLE HEARTED SCHOOL COUNSELLING

Getting enough sleep	How often I smile	Owning up to my mistakes	Whether or not I accept myself	Setting my boundaries
When I practice gratitude	Treating myself with kindness	When I help others	Whether or not I keep my word	How I interpret events
How I "talk" to myself	When & if I forgive others		How truthful & honest I am	When I take mindful breaths
The goals I set for myself	Saying I need a break (& taking one)	Treating others with kindness	How much effort I put forth	When and if I try again
When I ask for help	How I respond to challenges	Reminding myself I am enough & worthy	How I take care of my body	How I relate to my feelings

FREE PRINTABLE!

Source: <https://www.pinterest.ca/wholeheartedschoolcounseling/>

This poster was designed as a playful way for children to reflect on what is in their control. Try and challenge your child to try each of the suggestions. Discuss with your child how each reflects their own lives and talk about ideas on how to focus on ones they want to work on more. "Help them become an even greater author of their life story". For more ideas follow WholeHearted School Counseling at: <https://www.pinterest.ca/wholeheartedschoolcounseling/>



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

Keeping **KIDS** Active

AUGUST 2020 // WEEK 2 // PAGE 2
Activities for Kids

Cree WORD OF THE WEEK

pîyîsowak

Thunder (God's Wonder)

KTC KIDS CHALLENGE OF THE WEEK

Learn a Traditional Game

Increase your physical activity levels and strengthen your sense of culture. You can ask an Elder or youth to teach you a traditional game. Learn other traditional games from Indigenous Communities in Canada by checking out:
<https://www.nscrd.com/uploads/document/files/indigenous-games-for-children-en.pdf>

LET'S MAKE SOMETHING Water Balloon PIÑATAS

Here's a fun and easy way to beat the heat: Pinatas with a twist!



You Will Need:

Water balloons
Hose or Tap
Nylon Rope or twine
Cotton String
Plastic Bat



Instructions

- Step 1. Fill balloons with water. The more full they are, the more easily they break when hit with the bat.
- Step 2. Take the piece of string and tie a knot around each water balloon. You can combine the strings of 10-15 balloons at a time on one string, or you can do them in singles.
- Step 3. Hang up the balloon piñatas. Strings with multiple balloons will be heavy, so nylon rope or twine will work best. Hang single ones at varying lengths. Make sure they are low enough that you can hit them!
- Step 4. Start swinging and let the fun begin!

From: <https://www.walmart.com/ideas/outdoor-living/how-to-make-water-balloon-pinatas/42638>

GAME OF THE WEEK: Crypto-Animal

Solve the subtraction problems. When you are done, replace each number at the bottom of the page with the letters under your answers. You will then be able to read the clues to find the mystery animal!

$\begin{array}{r} 18 \\ -12 \\ \hline 6 \\ \hline \end{array}$	$\begin{array}{r} 29 \\ -21 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 45 \\ -21 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 29 \\ -16 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 52 \\ -31 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 15 \\ -14 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 28 \\ -17 \\ \hline \\ \hline \end{array}$
E	D	R	K	L	I	U

$\begin{array}{r} 39 \\ -12 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 57 \\ -24 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 48 \\ -43 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 70 \\ -60 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 84 \\ -72 \\ \hline \\ \hline \end{array}$	$\begin{array}{r} 99 \\ -51 \\ \hline \\ \hline \end{array}$
S	O	T	C	N	A

1. I am the world's largest $\frac{}{21} \frac{}{48} \frac{}{12} \frac{}{8}$ mammal.
2. I have a long $\frac{}{5} \frac{}{24} \frac{}{11} \frac{}{12} \frac{}{13}$.
3. My $\frac{E}{6} \frac{}{48} \frac{}{24} \frac{}{27}$ are large and help to keep me $\frac{}{10} \frac{}{33} \frac{}{33} \frac{}{21}$.
4. I have ivory $\frac{}{5} \frac{}{11} \frac{}{27} \frac{}{13} \frac{}{27}$.
5. My $\frac{}{27} \frac{}{13} \frac{}{1} \frac{}{12}$ is wrinkly and gray.

Who am I? _____

Answers: 1. LAND 2. TRUNK 3. EARS, COOL 4. TUSKS 5. SKIN (ELEPHANT)



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