

Keeping KIDS Active

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Supporting Your Child's Mental Health As They Return To School

This year has brought major disruptions to daily lives and children are feeling these changes deeply. While returning back to school might be welcome and exciting for many children, others might be feeling anxious or frightened. Here are some tips to help your children navigate some of those emotions they may be facing from <https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

How can I help my child feel at ease?

Starting a new school year can be stressful at the best of times, yet alone during a pandemic. Your child may feel scared or nervous about returning to school.

- It is important to be honest and explain the changes they can expect at school.
- Encourage your child to think about positive ways they can bond and feel connected while maintaining the distance.
- Reassure your child that there are safety measures in place to help keep them, other students and teachers healthy.
- Remind your child about the positives, for example, they will be able to see their friends and teachers, and they will be learning new things.

What should I say to my nervous child?

If the recommendations from the school are making your child nervous, approach the conversation with empathy. Let them know that it is okay to talk about their worries and emotions.

- Reassure your child that lots of adults are working hard to keep your family safe.
- Remind them that it is important that we all follow the recommended measures to take care of the more vulnerable members of your community.

How can I encourage my child to follow precautions?

It doesn't need to be a scary conversation. Try teaching them of the important precautions (frequent handwashing, physical distancing, how to cover a cough or a sneeze, etc) by singing along to their favourite song or doing a dance together to make the learning fun.

How can I help my child feel connected?

Your child may be anxious about being separated from their usual friends if the school has made adjustments to classroom sizes, gradual returns, or maybe their friends aren't ready to return.

- Continue to reassure your child that this is for everyone's safety.
- Help your child be ready by sharing information on when the school will open and how this will happen.
- Talk to them about the possibility that the school may need to close again to help them prepare for possible adjustments and that they will continue to learn whether at home or school (online or classroom).

How can I gently check in to see if my child is coping?

Be proactive in your conversations and check in with them to see how they are doing. Your child's emotions will change regularly, and you need to show them that is okay.

- Engage in creative activities like drawing or playing to help them express and communicate their feelings.
- Remain calm and listen to your child's concerns.
- Speak kindly with them and talk together about ways that can help them feel better.

HAND WASHING SONGS

To get your child in the groove to wash their hands for 20 seconds, try singing along to these tunes!

Twinkle, Twinkle Little star

Twinkle, twinkle little star,
Look how clean my two hands are,
Soap and water, wash and scrub,
Get those germs off rub-a-dub,
Twinkle, twinkle little star,
Look how clean my two hands are.

Wheels On The Bus

The soap on your hands goes sud, sud, sud,
Sud, sud, sud,
Sud, sud, sud.
The soap on your hands goes sud, sud, sud.
And the germs go down the drain.
(repeat one more time)

If You're Happy And You Know It

If you're happy and you know it,
Wash your hands!
(scrub scrub)
If you're happy and you know it,
Wash your hands!
(scrub scrub)
If you're happy and you know it,
then your face will surely show it,
If you're happy and you know it,
Wash your hands!
(scrub scrub)



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

Keeping **KIDS** Active

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Activities for Kids

Cree **WORD** OF THE WEEK

wâskahikan

house

KTC KIDS CHALLENGE OF THE WEEK

Find out more about your family!

Want to know more interesting things about your family history? Ask your parents or grandparents to join you for lunch or afternoon snack. Sit down and ask some questions such as: Where were you born? Where were your parents born? What did you want to be when you grow up? What was something exciting that happened to you?

LET'S MAKE SOMETHING APPLE CHIPS

Use fresh, delicious apples to make a quick and healthy snack!



YOU WILL NEED:

- To get an older family member to help you with slicing the apples and using the oven.
- 2 Golden Delicious apples, cored and thinly sliced
- 1 ½ teaspoons white sugar
- ½ teaspoon ground cinnamon

DIRECTIONS

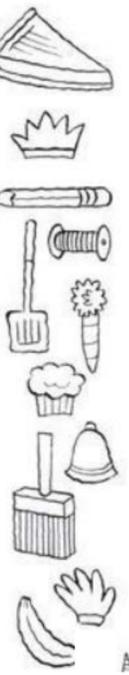
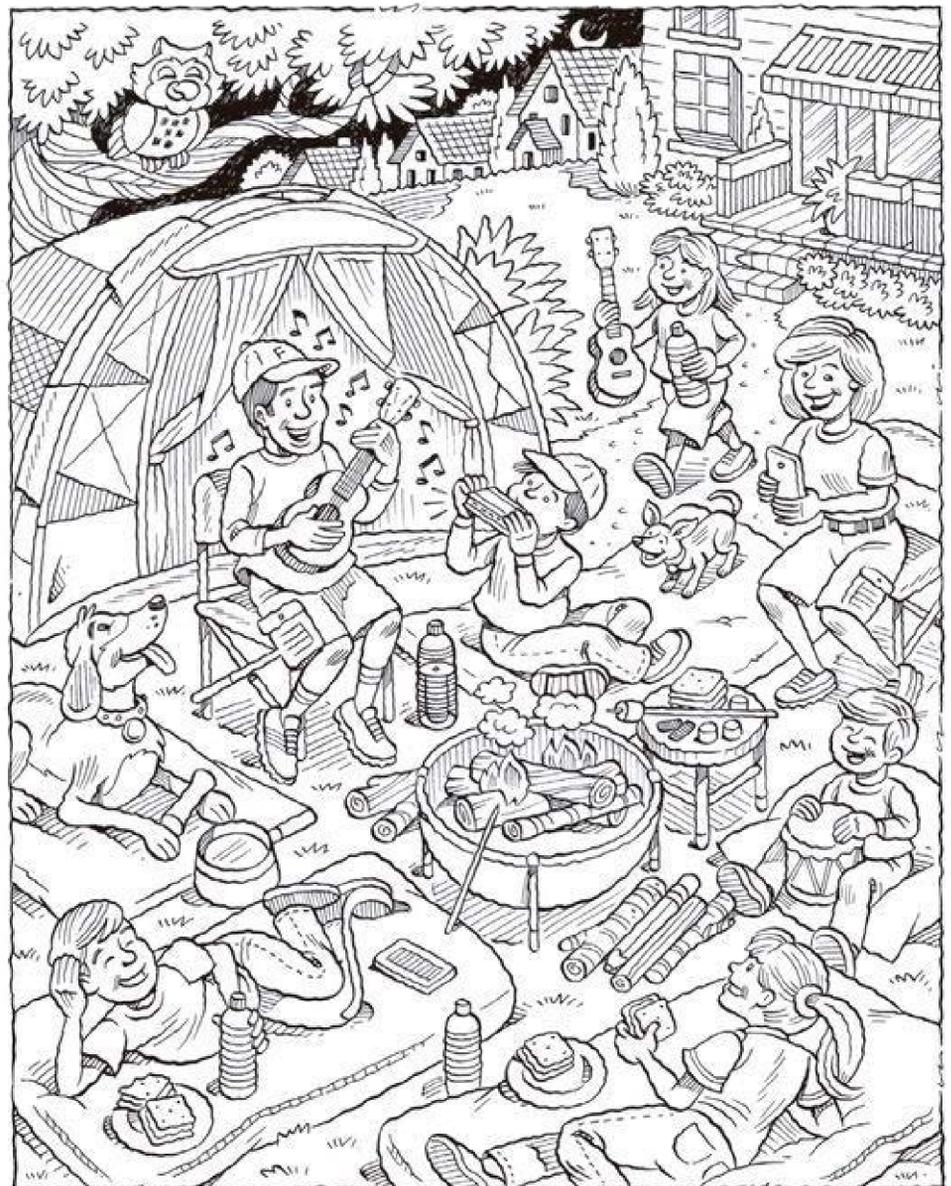
- Step 1. Preheat oven to 225 degrees F (110 degrees C).
- Step 2. Arrange apples slices on a metal baking sheet.
- Step 3. Mix sugar and cinnamon together in a bowl; sprinkle over apple slices.
- Step 4. Bake in the preheated until apples are dried and edges curl up, 45 minutes to 1 hour. Transfer apple chips, using a metal spatula, to a wire rack until cooled and crispy.



<https://www.allrecipes.com/recipe/233281/apple-chips/>

GAME OF THE WEEK

What hidden items can you find in this backyard campout?



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