



Finding Hope Through Caring



Use this workbook to learn something new, support other people and do something kind for yourself.

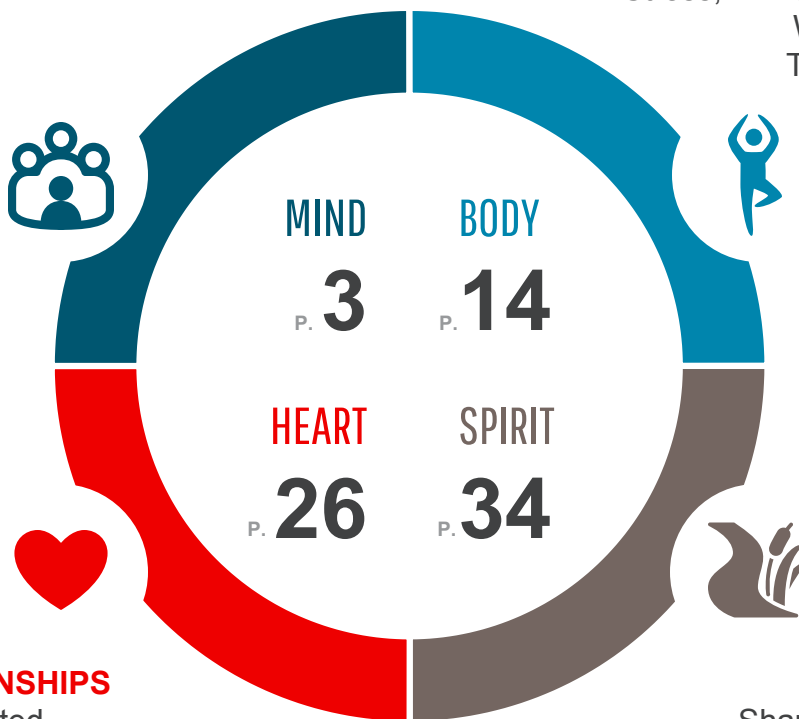
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Self-care



With so many changes and so much uncertainty it is important to focus on how we can take care of ourselves. Schedule some time each day to do something just for you!



What is your favourite thing to do for yourself?



Fill out this great Self-Care Checklist from our friends at Kids Help Phone!

www.kidshelpphone.ca/get-info/kids-help-phones-self-care-checklist

believe in yourself

Sometimes we make decisions that feel selfish and even wrong but sometimes those decisions need to be made.

- Susan Aglukark



Your favourite things to do: _____



When is a good day and time to do something for yourself?

Day: _____
Time: _____



Feeling Anxious?



It's normal to feel anxious about the changes happening around us. Stay informed, exercise, create a routine, and stay connected!



What are some times in the past that you have responded well to stress and anxiety? What did you do to feel better?



Speak to friends or family and ask them how they manage when feeling worried and uncertain. Make a list of all of their ideas.



Your best way to feel better: _____

3 New ideas to manage feeling anxious:



Positive Thinking for Tough Times

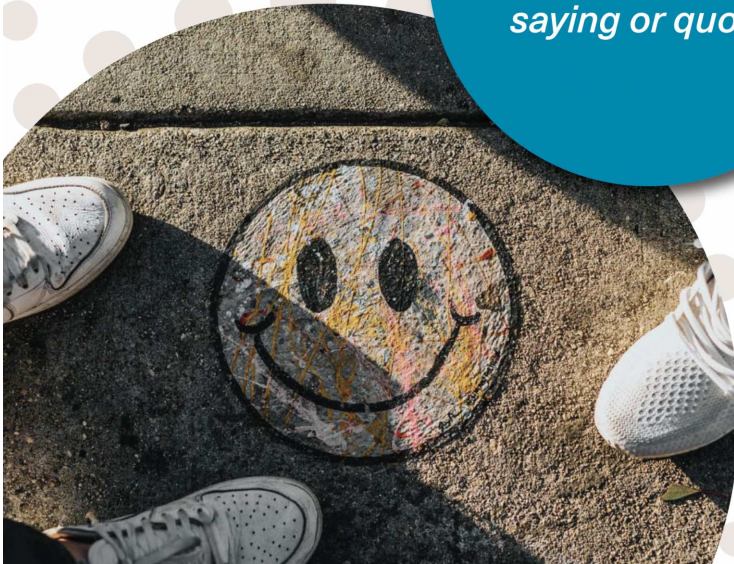


Helpful Thinking for Tough Times:



What is your favourite positive saying or quote?

- This time will pass.
- Focus on things I can control.
- I don't need to fix everything.
- I will allow myself to feel however I need to feel.



Write down 3 things that you are good at. Make a plan to do one of these things this week!



Your favourite quote: _____

3

Things you're good at:



Shift Your Focus



Change negative thinking into positive thinking:



What can you do to focus on the present when your mind starts to wander and think about worrying thoughts?



Instead of thinking

"We can't see each other" think "We are protecting each other."

Or instead of thinking

"I'm stuck at home" think "I'm safe at home."



Stay in the moment.

Shift your focus to the world outside.

Find 5 things you can: see, touch, hear, smell and taste.



Ways to focus:

5 Things you can see, touch, hear, smell and taste:

See: _____

Smell: _____

Touch: _____

Taste: _____

Hear: _____



Managing the Emotional Roller Coaster



Things like the COVID-19 pandemic can cause people to feel many different emotions.



What can you do if you feel like your emotions are out of control?

If you are feeling angry or sad:

STOP: take a few deep breaths

THINK: about what you want in the situation

FEEL: say how you are feeling
"I feel angry" or "I feel really sad"

ACT: if you feel out of control, walk away or go outside to calm down



Find a quiet space in your house or outside in nature.

Take a deep breath in while counting to 5.

Hold it for 1 second and slowly let it go.

Do this 3 times in a row.

When you feel really angry, sad or hopeless, try breathing like this to help make you feel calm.

Sometimes you try so hard to take care of everyone else that you forget to take care of yourself.



What emotions are you feeling? _____



The best quiet place is: _____



Calm Your Fears

It is normal to feel worried, scared or anxious when you hear news about COVID-19.

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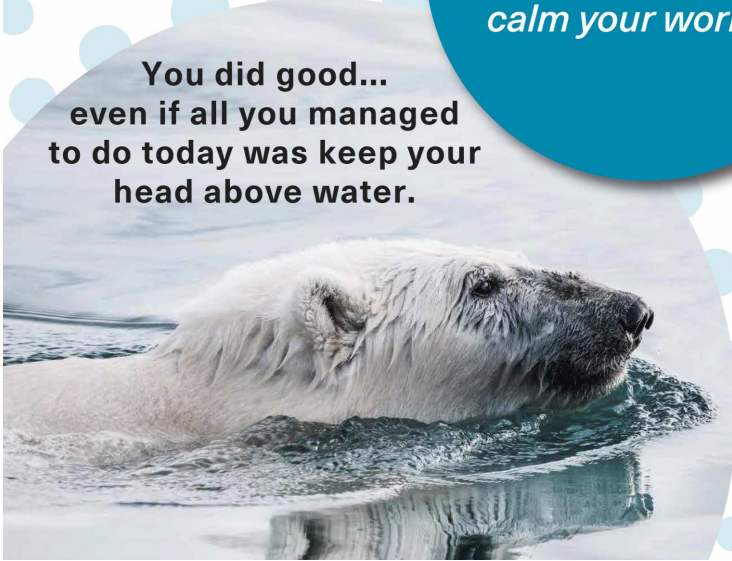
What are things you could do to help calm your worries?



Take breaks from social media and watching or listening to the news.

Change the topic and talk about funny stories from the past.

You did good... even if all you managed to do today was keep your head above water.



Ask an Elder, parent or caregiver if they have any traditional stories or songs they can share with you to help you not feel worried.

Make a playlist of songs that make you smile, happy or want to dance.



Ways to be calm: _____



Playlist of songs:



Stick to Routines



Youth (and adults!) need structure.

Get the whole family involved. Parents and children can help each other create a schedule for their days.

What to include:

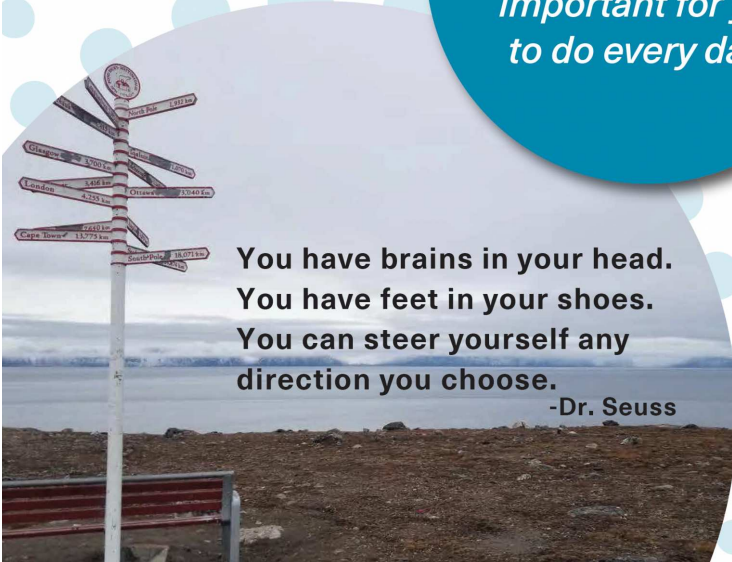
- Playtime
- Reading
- Exercise
- Meals
- Staying in touch virtually



What are some of the things that are important for you to do every day?



- **Get up, eat and go to bed at regular times.**
- **Be creative about new things to try.**
- **Make plans together.**
- **Accept and ask for help.**



You have brains in your head.
You have feet in your shoes.
You can steer yourself any
direction you choose.
-Dr. Seuss



Your daily routine:



AM

PM



Being Patient with Yourself



Take it one step at a time.

How can you tell when you are becoming impatient with yourself?



Tips to help become more patient with ourselves:

- Make yourself wait. The best way to practice patience is to make yourself wait.
- Stop doing things that aren't important.
- Be mindful of the things making you impatient.
- Relax and take deep breaths.

Write a list of positive things you can say to yourself when you start to feel impatient.

For example "I am good enough", "I deserve to spend time on things that make me happy."



Positive self-talk:



I am...

I am good at...

I deserve...



Staying Positive



It is important to maintain a positive outlook during stressful times.



What are some ways that you could stay positive with your friends and family?

Gratitude is very powerful. Being grateful helps with our physical health, it improves our mental health and self-esteem, and even helps us sleep better.

Think about the things you are most thankful for and write them on a gratitude board or in your journal.



Start each day with a grateful heart.

Make a list of the Top 10 things you are most grateful for.

Share your list with your friends and see if you have any of the same things in common!



Ways to stay positive:

Top 10 Most Grateful List

1 _____
2 _____
3 _____
4 _____
5 _____

6 _____
7 _____
8 _____
9 _____
10 _____



Self-care for Sleep



Self-care for sleep.

Develop a good night time routine to wind down:

- Stay away from caffeine before bed.
- Keep your phone on silent.
- Try reading or listening to nature sounds to relax.
- Keep a journal beside your bed for any thoughts you need to write down so you can relax.

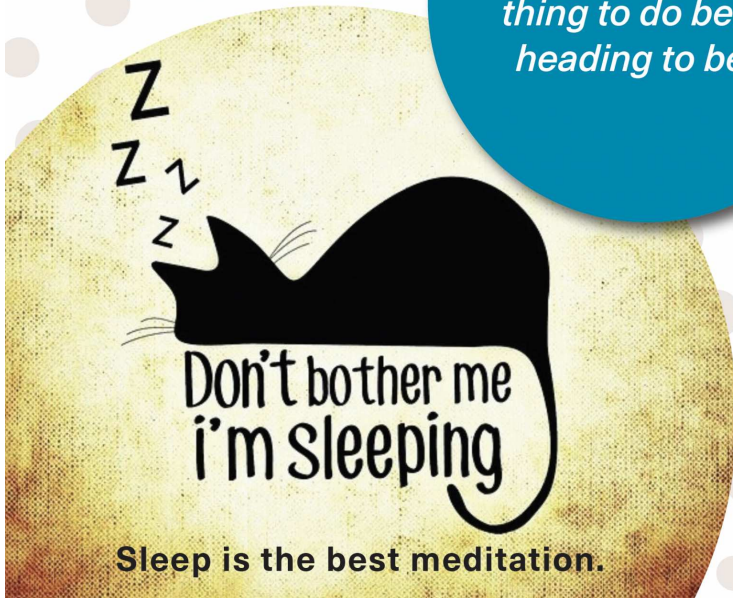


What is your favourite thing to do before heading to bed?



Draw a picture of one of your favorite dreams. Also, try out the Sleep Diary app from Kids Help Phone.

<https://kidshelpphone.ca/get-info/sleep-diary>



Your bedtime routine:



A picture of your best dream



Helping Others



How to respond when someone talks to you about their mental health:

"I am proud of you"

"Thank you for sharing with me"

"Is there anything I can do to help?"

"I am here when you need me"



Why is it important to help others in your community?



Things don't just happen overnight... there's always someone there to give a helping hand, especially in our communities where everyone knows everyone.

- Jordin Tootoo

Write down two things you can do to help someone and how helping others makes you feel.

Draw some ways you can help other people in your community:



Get the Right Information



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How can you make sure that the info you are reading or hearing is true?

Check out the sources of information you can trust and share them with your family and friends!

- World Health Organization
- Government of Canada
- Public Health Agency of Canada
- Canadian Red Cross
- Centres for Disease Control and Prevention

There are many different sources of information to refer to during a crisis. It is important to know where the information is coming from, and if the person or organization is trustworthy and reliable.



Some ways to know if information is true:

Best sources of COVID-19 information: _____



Stop the Spread



Gossip and rumors can spread quickly when a crisis such as the COVID-19 pandemic happens.



How can you stop gossip and rumors from spreading?

Think about some of the most extreme rumors that you have heard about the COVID-19 virus.

Do some research to prove that those rumors are wrong, using trusted sources of information.



Actions to stop gossip:

- Don't share it
- Don't add to it
- Don't comment
- Tell an adult

Gossip dies when it hits a wise person's ears.



Ways you can stop gossip: _____

Some facts you know are true about COVID-19: _____



Where to Go for Help in Unhealthy Situations



If you are in an unhealthy relationship or if you are not feeling safe you can reach out to these resources for help:

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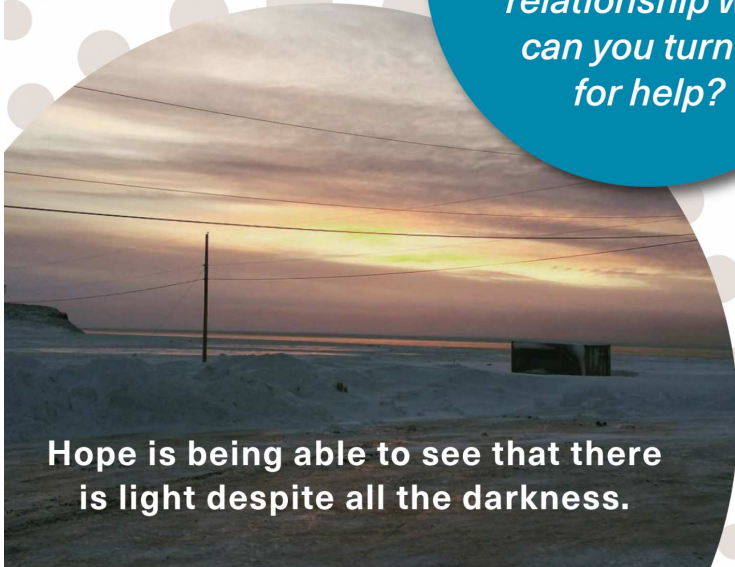
If you don't feel safe in your current relationship who can you turn to for help?

KidsHelpPhone.ca

1-800-668-6868

Text CONNECT to 686868

Find help on EndingViolenceCanada.org



Hope is being able to see that there is light despite all the darkness.



Draw a map of your community and write down or circle where you can go for help if you are in an unhealthy situation.

Safe people:



Safe places:





Responding to Harmful Messaging



4 steps to stop cyberbullying

STOP: Don't try to reason with or talk to someone who is cyberbullying you.

BLOCK: Block the person from contacting you again.

TALK: Tell a trusted adult, inform your school, use a help line and/or report it to police.

SAVE: Save or screen shot any harmful messages.



What is the best response you have seen someone give to harmful messages or comments online?



Follow these cyber safety tips:

- Use an online nickname instead of your real identity.
- Don't accept friend invites from strangers.
- Don't share personal info with anyone you don't know.
- Change passwords regularly and don't share them.
- Use privacy settings on social media apps.



You are **KIND**,
you are **SMART**,
you are **IMPORTANT**.

Ways you stay safe on social media:



3 Things you could do to be safer:





Stop the Hurt



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What can you do if you hear or see someone bullying another person?

Sometimes stress can lead people to hurt others by using bullying behavior.

Everyone has the right to feel safe. If you or someone you know is experiencing bullying, talk to someone you trust: a friend, a teacher, a parent/caregiver, or an Elder. Adults can help to stop bullying. You don't have to deal with this alone!

Hang out with friends who support you. You matter!

Make a list of things you can say to take a stand if you see someone bullying another person. For example:
"Hey, that's not okay!"

“ What can you say to take a stand? ”

Things you can do if you see someone bullying someone else:



Create a Safety Plan



It is important to have a plan for when there is an emergency, or when things just aren't going well.



Who are some people or organizations you can contact if you need help?

Kids Help Phone

Save their 24/7 hotline in your cellphone:


1-800-668-6868

Text CONNECT to 686868

Visit KidsHelpPhone.ca



Tough situations build strong people. Strong people have a plan.

Fill out this Safety Plan  by writing your key safety people and resources in the blank spaces.

https://www.redcross.ca/crc/documents/How-We-Help/Current-Emergency-Responses/CRC_Safety-Plan_EN.pdf



List of people or organizations who can help:

Kids Help Phone: 1-800-668-6868



Finding Support



Where is a safe place you can go if you are feeling sad or hurt?



If home is not a great place to find support, it is important to connect with other people and places when you are feeling sad or hurt.

Kids Help Phone offers 24/7 text or chat: 1-800-668-6868.



We all need somewhere we feel safe.

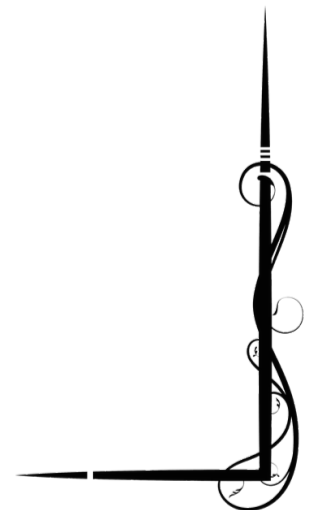
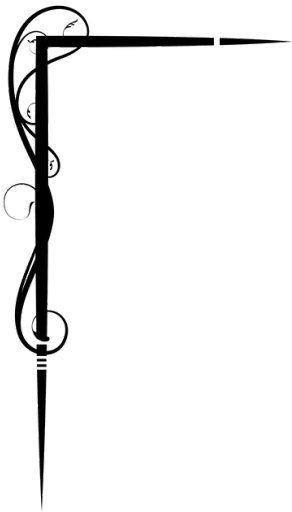


Sometimes home might not always be the best place to feel supported. Fill in the Safety Plan and/or Support Circles handout to give you some more ideas of who can help.

https://www.redcross.ca/crc/documents/How-We-Help/Current-Emergency-Responses/CRC_Safety-Plan_EN.pdf

<https://www.redcross.ca/crc/documents/Support-Circles.pdf>

Draw a place where you feel safe. This can be a place that you imagined or a real place.



Look, Listen, Link and Live



You may want to reach out to a person you trust when you are feeling stressed, worried or sad, or if you need advice.



Who can you talk to when you are having a difficult time?

If you see a friend or family member going through a hard time you can use this method to refer them to get help. You can also use it for yourself.

When you notice that you are going through hard times, do not be afraid to reach out and ask for help.



I'm not interested in whether you've stood with the great. I'm interested in whether you've sat with the broken.



Look at this Look, Listen, Link, Live document. Draw a line connecting the word(s) that would match with Look, Listen, Link or Live.



https://www.redcross.ca/crc/documents/How-We-Help/Current-Emergency-Responses/CRC_Look-Listen-Link-Live_EN.pdf



Who to talk to if you're worried: _____



Who to talk to if you're scared: _____



Who to talk to if you're sad: _____



Stress, Anxiety and Substance Use



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What are some things you can do to relieve stress?

We have a choice in life—we can choose how we are going to behave. We can determine whether we reflect the good around us or lose ourselves in the darkness.
- Wab Kinew



When you use alcohol, cannabis, or other substances to relieve stress and anxiety it may increase the risk of developing a substance use disorder.

If you use substances, monitor how often and how much you use and reach out for help if you feel it's becoming a problem.



Create a Stressful Day to-do list and post it where you can see it.

Here are some ideas to get you started: call a friend, write down how you feel, go outside, listen to music, take a time out.



Stressful day to-do list





When You Are Worried About A Friend

When people hurt themselves on purpose it is called "self-harm." Sometimes when people are stressed, they might try and hurt themselves.



If you are self-harming, or if you know someone who is, who can you talk to for help?



If you are self-harming, or if you know someone who is, there are people who can help.

Youth can reach out to adults they can count on and trust.

Some examples are caregivers, such as parents, grandparents, foster parents, aunts, uncles and Elders.



Write or draw your key safety people and resources on a piece of paper and post it where you can see it every day.



When you can't look on the bright side, I will sit with you in the dark.

Your Safe People



Try Something Different



What are some things you could do instead of drinking or using drugs?

Stress from different things, like COVID-19, can make people want to drink or use drugs to try and feel better.



If you or someone you know is using alcohol or drugs and needs support, talk to someone you trust or call a helpline.

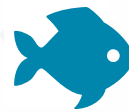
Practice culture and traditions to help keep you strong.

Whatever's good for your soul... do that.

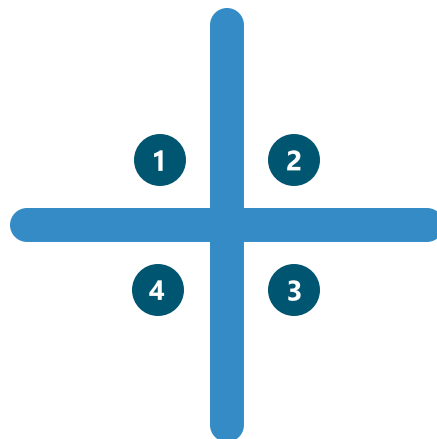


Every time someone feels like drinking or doing drugs, try doing something fun, like playing card games.

Card game ideas:
Crazy 8's
Go Fish
Kings in the Corner
500



Write or draw 4 fun things to do:



#ItsNotAboutYou



Although Elders/seniors need to be protected by physical distancing, they still need social connection.



Do you know any Elders/seniors who might be at risk?

Some Elders in Ontario started the #ItsNotAboutYou campaign to tell families the importance of taking precautions against COVID-19. You can check in with Elders/seniors in your community by phone or by volunteering to help with picking up medications or groceries.



Our Elders are knowledge holders and our most precious resource, we must take responsibility to protect them.



What steps could you take to ensure that Elders/seniors are protected/kept safe?

Write down a list of actions you could take to show your respect for the safety of Elders/seniors in your community.

Elders you know who may be at risk:



Things you can do to help:





Ways to Stay Connected

People around the world are doing things to be there for each other. In Italy, people are singing from their apartments.



What to say

*You've got this!
You're strong!*

*I'm here if you want to talk.
Tell me a good thing that happened today.*

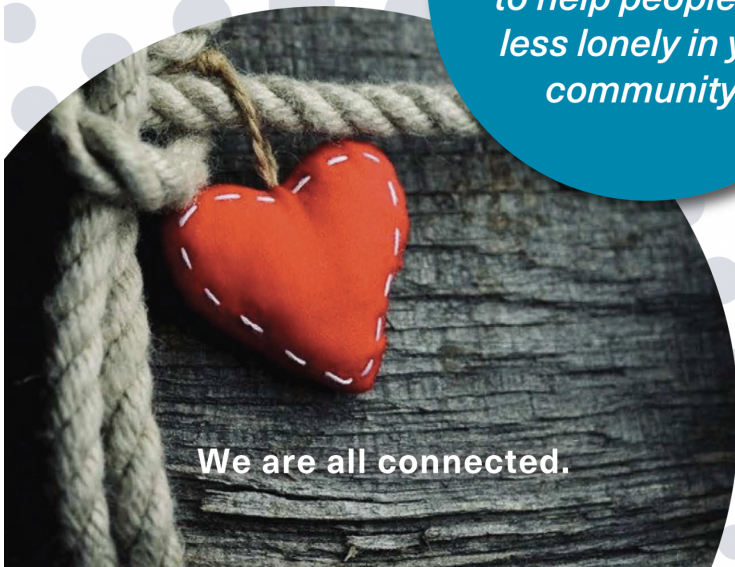
Staying connected is part of what makes us strong when we feel lonely.



What are some things you could do to help people feel less lonely in your community?



Find a piece of paper or cardboard and draw a happy picture or write "Hi 😊". Tape this on your window or on your front door.



We are all connected.



Ideas for staying connected:



1. _____
2. _____
3. _____
4. _____



Ways to Maintain Healthy Relationships



What are some things that friends can do together from a distance?



You may not be able to visit or play with your friend, but instead you could make a list of your favourite things to do together and see if you can do any of them virtually!



One smile can start a friendship.
One word can end a fight.
One look can save a relationship.
One individual can change your life.



- Draw pictures for each other
- Talk on the phone
- Sing songs over the phone
- Write letters and drop them in the mailbox or on the porch
- Take pictures of what they are doing to keep busy at home and share them with each other via social media, email or text message

Your favourite things to do with friends:



How to do them from a distance:





Love from a Distance: Sexting



If you are separated from your partner during the COVID-19 pandemic, what are some things you can do to stay connected?



If you decide it is something you want to do, make sure to read about sexting basics and how to stay safe.



If life was easy, where would all the adventure be?

Play Pic'd, a decision game about sexting where you're in control of where the story goes and what happens next.

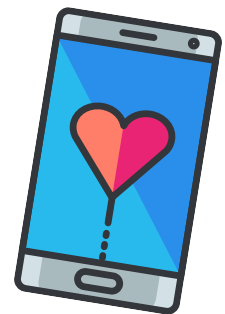


<https://kidshelpphone.ca/get-info/picd-a-decision-game-about-sexting>

Ways to stay connected to your girlfriend/boyfriend/partner:



Ideas for staying safe while sexting:



All My Relations



It is important to get out on the land for mental and emotional health.



Why does caring for the land matter to you? How do you care for the land?

Stay safe by checking the weather forecast, planning a way back, telling family where you are, and bringing enough supplies.



To be on the land, to survive, to thrive on the land, means you have to be able to work together as a family, clan and community.
- Elder Kahontakwas (Diane Longboat)



Ask an Elder or community member to share a story or song about connecting with the land.

How do you care for the land?





What things can you do or bring to stay safe?



Different Points of View



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Do you see different people responding differently to the pandemic?



There are very few definite "rules" around the pandemic.

Most provinces and territories have guidelines that they suggest people follow. Try to recognize that everyone will have different responses to these guidelines, and what's most important, is to respond in a way that feels right for you and your family to stay safe.



As COVID-19 restrictions start to lift, have a chat with your family about how you can start to resume your typical activities in ways that make sure everyone feels safe.

What are some of the different ways you have seen people respond to the pandemic?





Which COVID-19 rules do you like or dislike?





Culture Guides Us



In some Nations, the Seven Sacred Teachings guide how people should treat each other.

They are: Love, Respect, Wisdom, Humility, Bravery, Honesty and Truth.



Which of the Seven Sacred Teachings stand out for you the most?



We are connected to all living things.



Make a list of how you could demonstrate each of the Seven Sacred Teachings.

Seven Sacred Teachings

What could you do to show:



Love



Respect



Wisdom



Humility



Bravery



Honesty



Truth



Remembering our Loved Ones



Since you may not be able to travel and visit with friends and family, here are some ways you can show your support:

- Speaking to the deceased's loved ones by phone or video chat.
- Asking if they need anything, like food or supplies, and dropping them off at their house.
- Sending them a card or letter.



Do you have a favourite memory or story of a loved one that brings a smile to your face or makes you laugh?



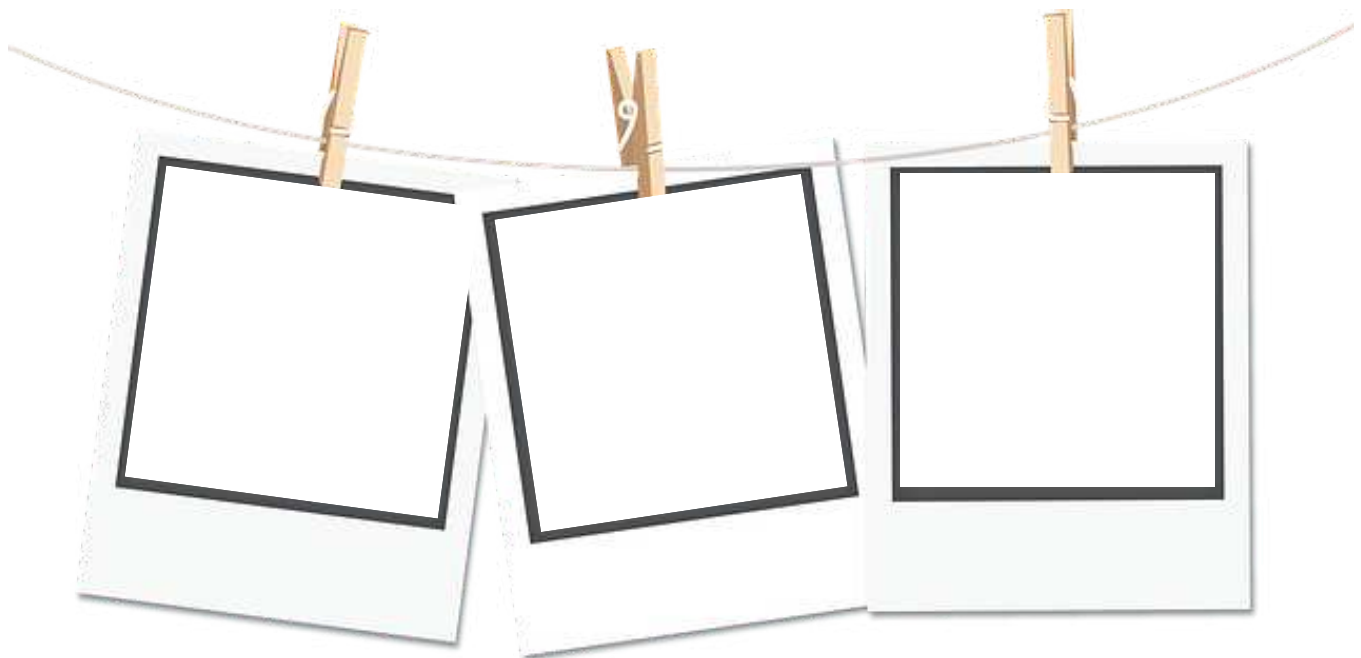
Those we love don't go away, they walk beside us every day.

Call into your local radio station to share a memory of your friend or loved one.

Create a post on social media sharing a memory or story of your friend or loved one.

Set aside time to honour your loved one by making a special meal, taking a walk, or dedicating a special place.

Write or draw some of your favourite memories of loved ones:



Reaching Out

Some people in our communities don't have many people they can ask for help.



With your parent's or caregiver's permission, call into local radio and ask if anyone needs anything dropped off, or post on Facebook asking if anyone who is alone needs anything.

Check on Elders/single parents by calling or messaging. Ask if they need anything to be dropped off.



What could you do to help people get things that they need?



Go outside and collect rocks that you can decorate with colourful and positive words and then put them on people's doorsteps to make them smile.



There's no such thing as the light at the end of the tunnel. You must realize that you are the light.

3 People you could help:

How you could help:





Sharing Positive Messages



Pass along the positive!

When you share a positive message, you can make someone's day.

Positivity is catching: when you do something positive for someone else, the next person wants to pass it along!



What is the most positive message or action you have heard about on social media?



Record a video or take a photo and caption it with a positive message to share with family and friends!



Positive message ideas:



Relieve Stress



Moving our bodies can help make us feel less stressed.



What can you do to move your body this week?

To keep our minds healthy, we need to keep our bodies healthy too by moving them. This helps protect us from feeling too stressed out.



Pick a way to move your body once a day.

- Go for a walk
- Dance
- Ride a bike
- Invent a game!



Get moving!

How will you move your body this week?



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



A New Normal



Tips for your best day:

Include 60 minutes of physical activity, try not to spend more than 2 hours on a screen or sitting, and get 8-11 hours of sleep!



If you could do anything you wanted for one day, what would it be?

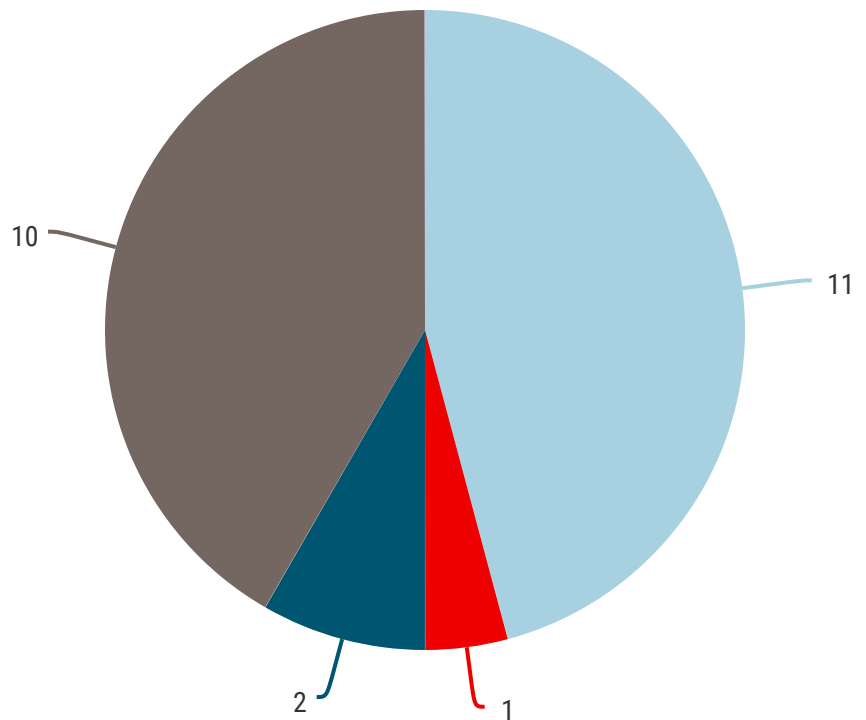


Each day is what you make it.

Build your Best Day! Check out this interactive site from ParticipACTION to plan for your best day!

<http://buildyourbestday.participaction.com/en-ca/>

Write some daily activities of your choice in the light blue section of the circle!



● Other ● Physical Activity ● Screen Time ● Sleep



Using Social Media to Connect



Did you know?

You can help family members and friends by spending time with them, from a distance or virtually, and listening carefully.

Most people feel better when they are connected to others who care about them.



What are some ways you could use social media to connect with others?



"Wahkohtowin, as a fundamental Cree and Michif law, is a philosophy and a world view that wraps us in the view that we are all connected, have a role, and are responsible to/for each other."
~ Victoria Pruden

Reach out to 5 of your friends through texting, social media and/or a phone call to check in and see how they are doing!

Write down 5 friends you can reach out to



Create a Time Capsule



People create Time Capsules to communicate with people in the future: maybe their future family members or their future selves!



What is the strangest, most memorable thing that has happened during the COVID-19 pandemic?

Pick some of the most interesting and memorable things you have done during the COVID-19 pandemic so that you will remember what it was like to live through this unusual time!



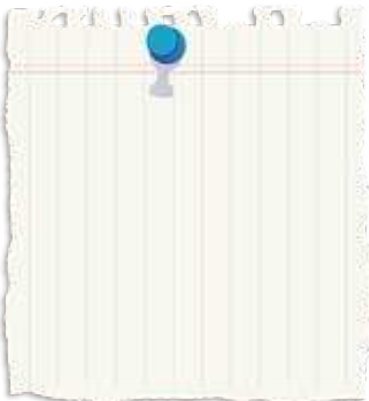
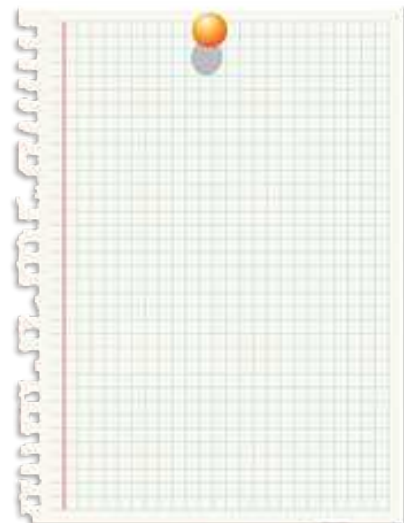
Fill in this Time Capsule of events and memories from this period of isolation or create your own!

<https://letsembark.ca/time-capsule>



Sometimes you will never know the value of a moment, until it becomes a memory.
- Dr. Seuss

Write down a few memories from when COVID-19 started...



Connect With Culture



The isolation of COVID-19 has given us time to connect and learn.

- Take some time to talk with and support Elders.
- Take time to be on the land.
- Support Indigenous artists, craftspeople and knowledge keepers who may be impacted by the pandemic.



What is something from your culture that you would like to learn about or learn to do?



Ideas: start seedlings, learn about your traditional medicines, reconnect with language/stories/songs, learn a traditional craft/skill.

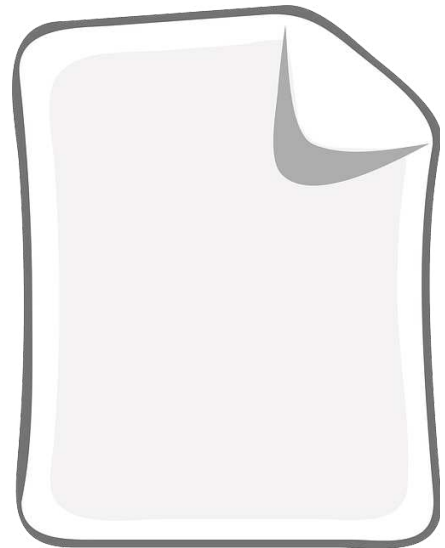
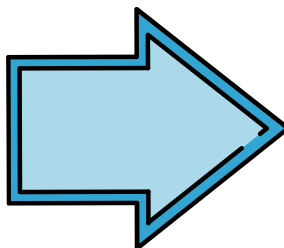
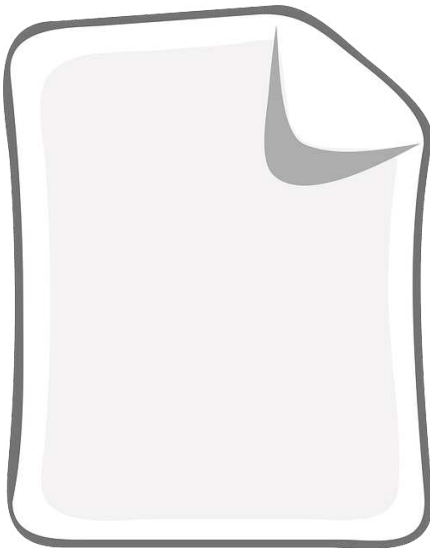


It is said that what the Great Spirit gave to his/her children to live in this physical world in a good way, was given forever.
- Elder Jim Dumont

What would you like to learn about your culture?



Who could help you learn these things?



Journaling



Journaling is a valuable tool for mental health.



*What has changed in your daily life since COVID-19?
Have any changes been pleasantly surprising?*

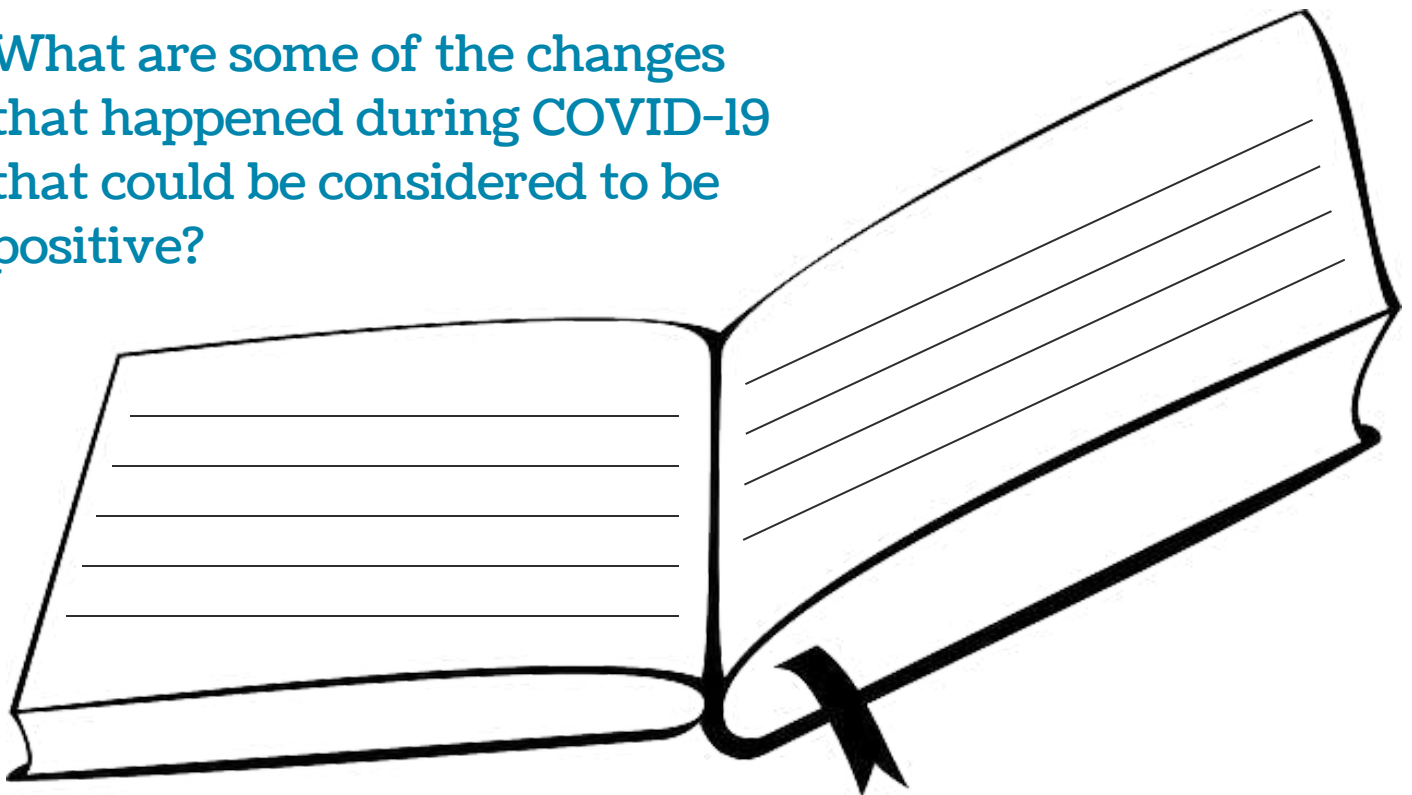
No one is perfect, that's why pencils have erasers.
- Wolfgang Riebe

It allows you to sort out your thoughts and shift your way of thinking (when necessary). Journaling can help reduce stress, and even depression and anxiety.

Download and fill out the Nuna Journal book or just fill out a few pages—whatever works best for you!

<https://mindyourmind.ca/tools/nuna>

What are some of the changes that happened during COVID-19 that could be considered to be positive?



Household Scavenger Hunt



Take some time to have fun together!

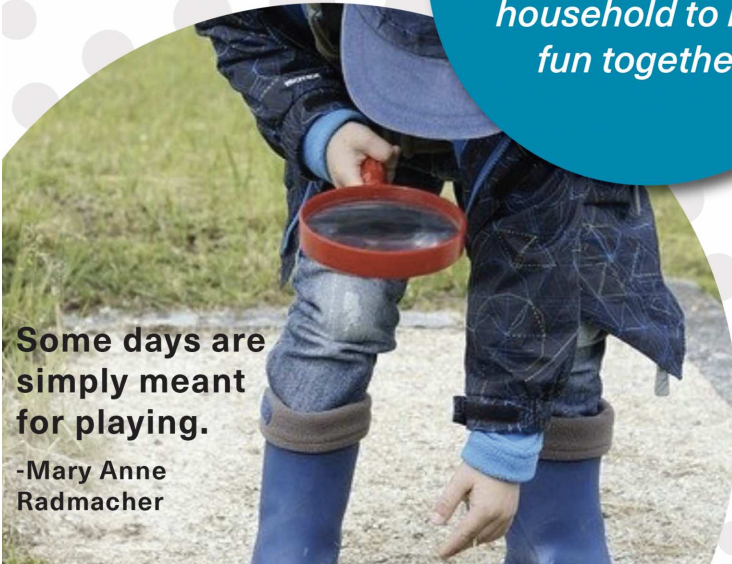
Some ideas could be cooking, crafting, sewing, hunting, or playing card games.

???

What activities can you do with your household to have fun together?



Create a household Scavenger Hunt for your family. Here are some ideas of what you could include: baby pictures, puzzle piece, sewing needle, sunglasses, piece of candy, and/or a musical instrument!



Some days are simply meant for playing.

-Mary Anne Radmacher



Ideas for Family Activities





Dreams and Goals



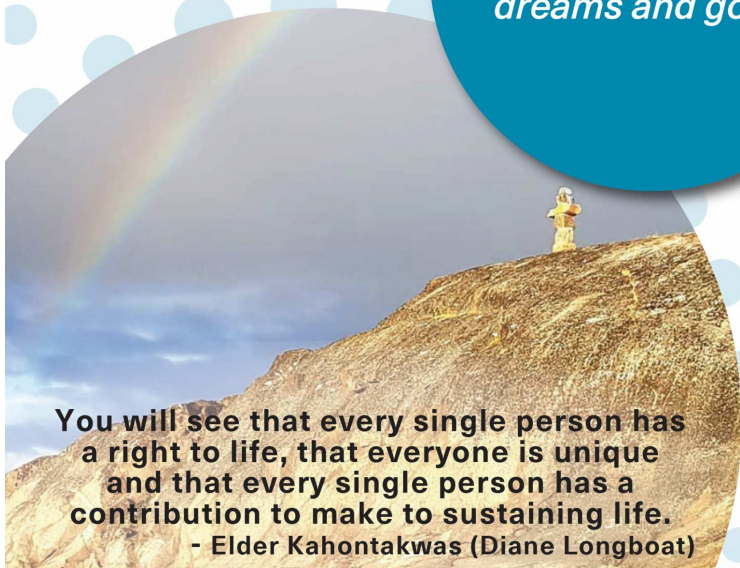
What are your dreams and goals?



It helps to make a plan of action to achieve your goals. List three steps you can take to make your goals happen, and who can help you achieve them.



Check out wemattercampaign.org for inspirational videos created by Indigenous youth and create your own!



You will see that every single person has a right to life, that everyone is unique and that every single person has a contribution to make to sustaining life.
- Elder Kahontakwas (Diane Longboat)

Dream big, set goals, take action:

Steps to reach goals:

Who can help:







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