

April Break Wellbeing Passport



A wellbeing adventure for your family
over the April school break
[#WellbeingPassport](#)

Created by:



Waterloo Region
Suicide Prevention Council

In partnership with:



Waterloo Region
District School Board



Access to Child and Youth
Mental Health Services



Caring people. Strengthening lives.



Waterloo Catholic
District School Board
Quality, Inclusive, Faith Based Education

Take your family on an adventure in your own home towards greater mental health and wellbeing over the break.



Visit these wellbeing 'stops' in any order you like - Try to plan **one a day** over the five days of the April school break.

Print or digitally fill out the last two pages of this booklet to track your adventure.

Share it with us @WRSPC using #WellbeingPassport



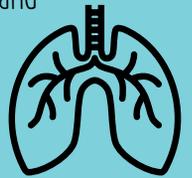
Stop #1 Physical Health

Our physical health can have a big impact on how we feel – how our bodies feel, and how our minds feel. Physical health includes things like eating balanced meals, moving your body, and sleeping enough at night. When we take care of our body, our body takes better care of our mind.



At this stop on your Wellbeing Passport, have your entire family participate in an activity that takes care of your [physical health](#). Here are some suggestions of activities your family could try today:

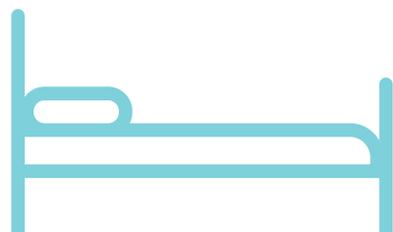
- Find an outdoor activity the whole family can do that moves your body, like going for a walk, roll, or bike ride.
- Try a type of movement you've never tried before like a yoga video or dance move, and practice doing it together as a family.
- Make a meal or snack as a family using a fruit or vegetable you don't usually use.
- Set a bedtime for the whole family tonight, and prepare for bedtime together.



LEARN MORE:

Here are some other resources on [physical health](#) for you and your family:

- [Canadian 24-Hour Movement Guidelines: An Integration of Physical Activity, Sedentary Behaviour, and Sleep](#)
- [Region of Waterloo: Physical Activity](#)
- [Region of Waterloo: Healthy Eating](#)
- [Carizon Infographic: Self-Care starts with Good Sleep](#)





Stop #2 Connection

Feeling connected to others can help us to feel happier and healthier, and our close connections can also help us to cope when things are stressful. Connection can help us feel like we belong and gives us people to talk to if things get hard. We might feel connected to friends, family, teammates, coworkers, or other people in our lives.



At this stop on your Wellbeing Passport, have your entire family participate in an activity that promotes [connection](#). Here are some suggestions of activities your family could try today:

- Have each family member write a letter, email, or text to someone you haven't been able to visit lately to stay connected.
- Join an online group event or plan a phone call or video call with your social group, classmates, teammates, or coworkers that you haven't been able to spend time with lately.
- As a family, plan a night or a meal without distractions or technology, and share a goal to really connect, talk, and listen to each other.



LEARN MORE:

Here are some other resources on [connection](#) for you and your family:

- [Kid's Help Phone: Tips for staying connected during COVID-19](#)
- [School Mental Health Ontario: Reaching Out](#)
- [Region of Waterloo Ways to Mental Wellbeing: Connect](#)





Stop #3 Self-Compassion

Self-Compassion means being kinder to yourself, even when you think you don't deserve it. Sometimes we think mean things about ourselves - things we would never think about a friend. Using Self-Compassion means showing ourselves the same support we would show a friend who was hurting.



At this stop on your Wellbeing Passport, have your entire family participate in an activity that promotes [self-compassion](#). Here are some suggestions of activities your family could try today:

- Reflect on a time that you were hard on yourself - maybe a time you set unrealistic expectations for yourself then were upset with yourself for not reaching them. Reflect on how you can forgive yourself. Try this privately in a journal, or out loud as a family.
- As a family, find some post-it notes and on them write down some things you would say to a friend who was down. Post them around the house as gentle reminders to be kinder to yourself.

LEARN MORE:

Here are some other resources on [self-compassion](#) for you and your family:

- [Learn more about Self-Compassion from Dr. Kristin Neff](#)
- [Greater Good Science Centre's Self-Compassion Break exercise](#)
- [Jack.Org & School Mental Health Ontario's Thought-Changing Strategies \(ZIP file download\)](#)
- [Kids Help Phone: 10 ways to practice self-acceptance](#)
- [Kids Help Phone: Mindfulness colouring book of self-compassion phrases](#)





Stop #4 Self-Soothing

Everyone will have bad days, and everyone will experience hard times or stress. Self-Soothing activities are things we do to help ourselves cope with hard emotions. There are many different activities that might help someone to cope in a difficult situation - experiment with different strategies to find what works for you!



At this stop on your Wellbeing Passport, have your entire family participate in a [self-soothing](#) activity. Here are some suggestions of activities your family could try today:

- Have each member of your family write a list or draw pictures of things that help them cope. Put these lists up somewhere in the house, so when someone is having a bad day that list is there for them to choose a self-soothing activity from.
- Together as a family, try practicing a breathing exercise. You can try one of the ones listed below, or simply set a time limit (say 2 minutes) and have everyone place a hand on their chest while they silently feel and focus on their breath for this time.

LEARN MORE:

Here are some other resources on [self-soothing](#) for you and your family:

- [School Mental Health Ontario: Mental health activities for elementary school children](#)
- [Kids Help Phone: Tension Release Exercise](#)
- [Kids Help Phone: Breathing Balloon](#)
- [Jack.org and School Mental Health Ontario: Distraction strategies \(ZIP package download\)](#)
- [Jack.org and School Mental Health Ontario: Breathing Exercises \(ZIP package download\)](#)





STOP #5 Gratitude

Gratitude involves paying attention to the good things in our lives. This doesn't mean ignoring the bad things, it just means letting ourselves see the good as well as the bad. Sometimes the good things are hard to see, but we can practice finding the good in every day.



At this stop on your Wellbeing Passport, have your entire family participate in an activity that practices [gratitude](#). Here are some suggestions of activities your family could try today:

- Create a gratitude calendar for your family. On this calendar, have each family member write one good thing from each day. See how long you can keep up this daily practice going.
- Have each member of the family write a letter to someone in their life or their past that they want to thank. You don't need to send this letter, but you can if you want.
- Have each member of the family write their own list of things they are grateful for about themselves - Think of character traits or strengths you are glad to have.

LEARN MORE:

Here are some other resources on [gratitude](#) for you and your family:

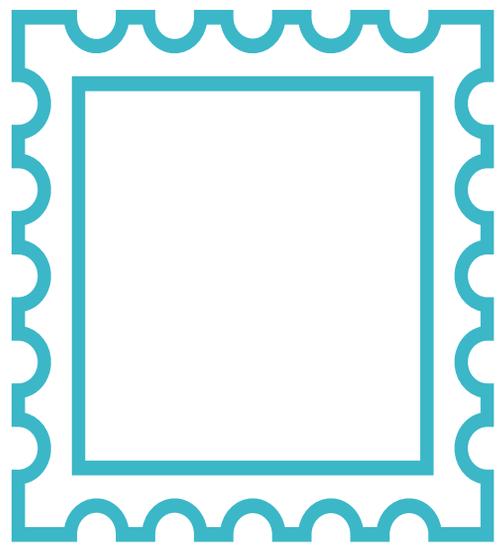
- [Greater Good Science Centre: Four Great Gratitude Strategies](#)
- [Jack.org & School Mental Health Ontario: Gratitude exercises](#) (ZIP package download)
- [Mindyourmind: Cultivating gratitude](#)





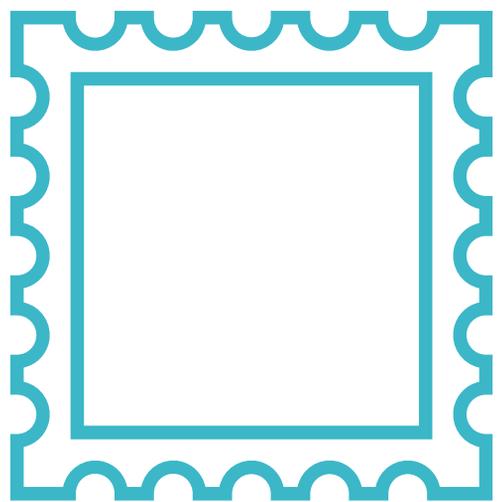
Print or digitally fill in these last two pages to track your adventure, and draw or colour each stamp.

Share your passport or a description of your wellbeing activities with us on social media!
@WRSPC #WellbeingPassport

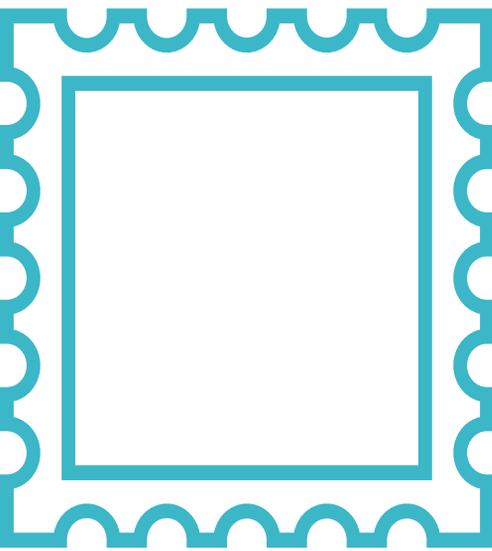


We practiced physical health by:

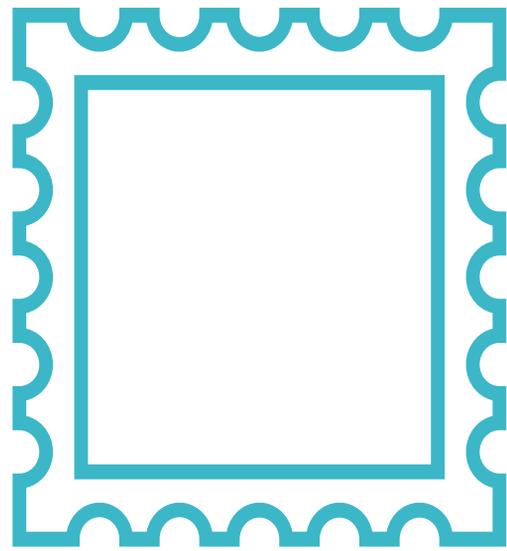
We practiced connection by:



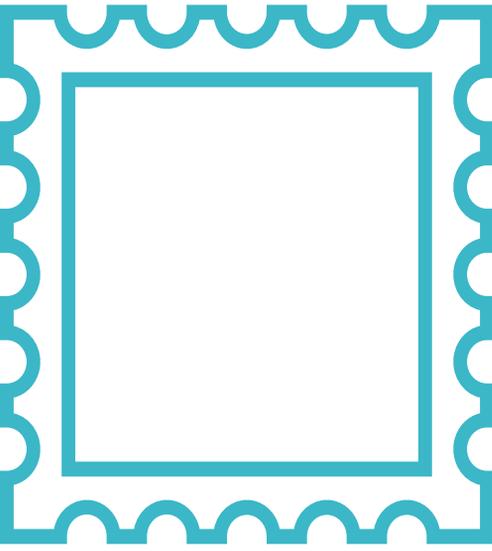
We practiced *self-compassion* by:



We practiced *self-soothing* by:



We practiced *gratitude* by:



Share your adventure with us: @WRSPC #WellbeingPassport