

SD 83 Counsellor TIP Sheet K-7

(ages 5 - 12)

These are uncertain times. Every week, almost every hour, we are changing and adapting to our new reality. Below are some ideas about how to stay well in these times of constant change.

COVID-19 DAILY SCHEDULE

6:00-7:00	Wake up	Personal hygiene (wash hands, brush teeth, etc.)
7:00-8:00	Morning walk	Get fresh air, exercise, and connect with nature
8:00-9:00	Academic time	Read, write, draw, or create something new
9:00-10:00	Creative time	Draw, paint, dance, sing, or play an instrument
10:00-11:00	Lunch	Eat a healthy meal and connect with family
11:00-12:00	Chore time	Help with household tasks and responsibilities
12:00-1:00	Quiet time	Read, write, or create something new
1:00-2:00	Academic time	Read, write, draw, or create something new
2:00-3:00	Afternoon break	Get fresh air, exercise, and connect with nature
3:00-4:00	Dinner	Eat a healthy meal and connect with family
4:00-5:00	Free TV time	Watch a movie or show and connect with family
5:00-6:00	Bedtime	Get ready for bed and connect with family
6:00-7:00	Bedtime	Get ready for bed and connect with family

- Daily structure - set up a routine in your house that provides predictable events. Everyone does better when they know what to expect next. Part of that structure can and should be "downtime" (whatever that looks like in your home!)

- Family meals - whenever possible, eat together and connect over food.
- Limited media - set up times to hear the news, then disconnect from it. Monitor what your kids are seeing/hearing online.



- Exercise - take a class off YouTube, try something new, return to what used to bring you joy.

- Reach out - stay connected to family and friends while maintaining social distancing.



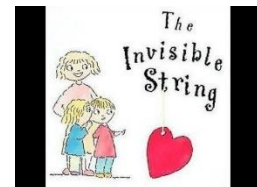
- Go Outside - breathe the air and appreciate the environment.

- Practice good sleep hygiene - keep to a regular sleep/wake schedule, limit screens before bed and take a relaxing shower or bath prior to sleep time.



- Stay connected - even when apart. Establish those little routines of saying "See you in the morning" or "See you as soon as I get home". See this link for a great story on staying connected :

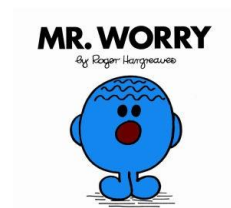
<https://www.youtube.com/watch?v=cO2LBBtAI>



- Read books together. Listen to books from the library/audible/other apps while you do something like a puzzle.

- Stay future focused and positive - this is our reality for now, but it will **not be forever**.

- Talk about worries! But then set them aside...





- Be present - be mindful when anyone is talking. Listen. Hear. Be curious.

- Practice Gratitude - find three things each day to be grateful for.



- Talk about your emotions with someone safe - parents or other trusted adults in your family, teachers, friends, a counsellor...
- You may be feeling grief or loss right now - remember to take care of those emotions by talking it out and by finding positives in your life.



How to seek School Counselling:

If you are struggling during this time and would like to talk with a counsellor from your school please let your teacher or the principal know. They will reach out to us through our regular School Based Team meetings.

Also know that the **Kids Help Phone** is available 24/7 -

<https://kidshelpphone.ca/> - you can call - 1-800-668-6868, chat online, or text - text "CONNECT" to 686868.

