

FRANKFORT SCHOOL DISTRICT 157-C

WELLNESS WEEKLY

POSITIVITY IN SELF-CARE

Children, just like adults, benefit greatly from positivity and self-care activities. Even if they are not currently stressed or upset, teaching kids to regularly take care of themselves will help ensure that they have the skills to manage future stressors in healthy and effective ways. Doing these activities together not only helps your child to cultivate good habits, it also helps your mind and body operate at its best.

When taking part in positive activities with your kids, they do not need to be expensive, time-consuming, or elaborate, but they do work best when practiced frequently and consistently.

The best self-care activities tend to have long-term positive impacts rather than an immediate sense of reward. When engaging in activities that are aimed at taking care of yourself on a comprehensive level, you support your kids' long-term well-being by making healthy and meaningful choices that encourage growth, connection, expression, and stability. (Source: Ashleigh Louis, Ph.D.)

These activities can also include helping others. Helping others not only makes you feel good but according to research, it can positively impact your psychological and physical health. It can help in reducing stress, improving your immune system and reduce negative emotions such as anxiety, depression and anger (Source: Psychology Today).

COVID-19 IMPACT

The realities of COVID-19 make cultivating positivity even more important. The unknowns of what's coming next can worry even the calmest of parents. If faced with long periods of uncertainty, other stressors may emerge—concern for family members, worries about lost income, keeping the fridge full of groceries, balancing job roles with child care, and more. But young children need their parents to offer a calm, stable, and predictable "home base" for them. There are a variety of activities that you and your child can do that provide significant mind and body benefits during this unprecedented time.



RECOMMENDATIONS & ACTIVITIES

Ideas for Fostering a Positive Mood

- taking a walk, reading an inspirational book, calling a friend, gardening, cuddling with a pet, starting a gratitude journal, listening to music, taking a bubble bath!

[7 Activities to Help Your Child Develop a Positive Attitude](#)

[18 Interactive Activities to Take a Break](#)

[200 Jokes for Kids](#)

[Learn about Growth Mindset](#)

[The Great Kindness Challenge App](#)

Random Acts of Kindness Ideas

[Make a Hand-made Card](#)

[Leave a Surprise in Your Mailbox for Your Mail Carrier](#)

[Write Down Someone's Best Qualities](#)

[Make a Scrapbook](#)

[Map Out Your Family Tree](#)

Other Ideas

- PenPal with someone in your neighborhood who lives alone or at a senior living home
- Use sidewalk chalk to create positive messages and pictures for people walking by
- Create a positive post on social media and share with family and friends
- Make a self-care/kindness bucket list and check off a new activity each day