

Social & Emotional Activities (Self-Care)

7-12th Grade ALC E-Learning

Daily Activities:

- 1) Get out of bed, wash face and hands with water & soap for minimum 20 seconds or shower
- 2) Spend 5-10 minutes by yourself quiet and listening to your breathing (no disruptions)
- 3) Identify 1 positive thing about yourself (find something different each day) This is do-able.

Here is a list of things you can do when you are away from School. Cross them off when you're done.

Social & Emotional	Family Connections	Cultural	Chemical Health	Just For Fun
Download the Daylio app and keep track of your emotions for at least this week	Ask your family members questions from the family questions activity sheet	Gather small pieces of cedar and place some in your shoe.	Draw your ideal future. What does it look like? Discuss with someone how chemical usage might be standing in the way of that ideal future.	Make a music video on one of your favorite apps and share it with your friends
Choose 3-5 feelings from past week and write a sentence or draw a picture of the situation that goes with the emotion. Reminder "good" and "bad" are not feelings.	Ask family to sing a song together that is from early childhood; for example Twinkle Twinkle Little Star or ABC's	Smudge	Watch "Nuggets" on YouTube. What do you think the cartoon is symbolising? What does it mean to be "always chasing the first high"? https://www.youtube.com/watch?v=HUnLgGRJpo	Play a card game with yourself or someone else.
Identify 2-3 positive things about yourself (write them down)	Take 5 minutes and quietly observe a family member's behaviors, comments (notice what they are doing)	Find somewhere to sugar bush	Read the article "Baby Mice Can Inherit Fear of Certain Smells From Their Parents". What is epigenetics? What types of generational habits/coping mechanisms have you acquired that are healthy and unhealthy? https://www.smithsonianmag.com/smart-news/baby-mice-can-inherit-fear-of-certain-smells-from-their-parents-180948096/	Sing a favorite song at the top of your lungs.

Practice grounding by finding 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste	https://www.therapistaid.com/worksheets/drawing-communication-exercise.pdf	Love - Zaagidiwin Love is the gift of the Eagle. Share love with someone & toward yourself	Self Care collage. Find people taking care of themselves in a chemical free way and make a collage. How can you relate to these pictures? What are healthy ways you can maintain positive physical and emotional health? How can you incorporate these into a healthier lifestyle?	Reorganize or decorate your room
Practice 4-7-8 Breathing . Breathe in for 4 seconds. Hold it for 7 seconds. Breathe out through your mouth (like you are blowing through a straw) for 8 seconds.	Make a craft with your family or younger siblings (use whatever items you find.	Ask an elder to tell you stories	Watch "Marijuana and the Young Brain" How does the age of first use affect memory? https://www.youtube.com/watch?v=q8jJsyZhRyc	Play; Paper, Rock, Scissors with someone.
Try 4-7-8 Breathing again and notice if you feel more calm.	Put a puzzle together.	Hang a piece of cedar over your doorway.	Read the article "The Importance of Forgiving Yourself in Addiction Recovery". Even if you don't have addictions, self-forgiveness is an essential life skill. What are you still holding on to? A grudge? A past traumatic experience? What can you do today to start down the path of self-forgiveness and healing? https://www.pyramidhealthcarepa.com/forgiveness-in-recovery	Draw, color, paint or sculpt (choose whatever medium you want and just create).
Download the Breathe2Relax app and work on your breathing	Play a game with your family. A card game, board game, or even a video game!	Respect - Minwaadendemowin Respect is the gift of the Buffalo. Demonstrate respect to someone & toward yourself	Draw things you are "chained to". What is the length, size, and strength of these chains? Which ones are healthy connections and which ones are unhealthy connections? Which ones are stronger currently?	Look up videos on how to do origami and try out a few
Write a thank-you note to someone who has been helpful to you or has been a good friend. Tell them why.	Create a new recipe with your family	Practice your singing, dancing or drumming.	Watch "Meth Inside Out: Brain and Behaviors - Triggers". Triggers can be before many different situations. They could be before we use substances, before we get angry, or many of our "impulsive ideas". Focus on a behavior you wish to change. What are some of the triggers that lead up to this behavior? People? Places? Objects? Make a list of 20. https://www.youtube.com/watch?v=w98Fn8JofCw	Play; Thumb War with someone. Have a tournament people with you today.

Think of something you are grateful for every day for this week and journal it if you like. Research shows that offering gratitude more often can help you reach your goals, improve your mood, deepen your relationships and increase your energy.	Give a genuine compliment to a family member you typically do not give one.	Watch "Powwow Sweat" on Youtube and practice along!		Climb a tree and look at what is visible to you from there.
Recite 7 positive & complete affirmations to yourself. (for example) Look in the mirror and repeat "I am awesome". "I am worthy". "I am enough". "I am a good listener"	Make or bake a treat with your family	Courage - Makwa The Bear carries courage. Offer encouragement to someone, & toward yourself	Read "The Hole: An Autobiography in Five Short Chapters" You may: Draw your interpretation of the poem. Draw yourself surrounded by a series of holes and label what is in those holes. Draw the inside of one or more holes and the specifics within it. Discuss with someone how you deal with problem. Maybe your response with chemical usage. Discuss repetitive patterns that are self defeating and healthier ways to break repetitive unhealthy patterns of behavior.	Play your favorite sport outside or make up a new sports game
Practice the following yoga strategy (Mountain) 1. Stand up tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center. This is your "Mountain Base". Find a small unmoving object across the room in your line of vision. Focus your eyes on this object. This is your "Focus Point". 2. Inhale as your raise your should towards your ears. 3. Exhale and roll your shoulders back and down. As you do so, notice your weight go into your feet, anchoring you solidify to the ground. 4. Relax and focus on your breath.	Play catch with a family member	Offer "thanks" for something in your life	Watch Meditation for Addiction Recovery/Relapse Prevention/Breaking the Habit. How did you feel before listening to this? How did you feel after? https://www.youtube.com/watch?v=ZZx1t_WG7iw	Give your pet a bath
			Read the article "Mindfulness Meditation and Addiction". How does practicing mindfulness help people work through addictions? https://www.psychologytoday.com/us/blog/the-wise-open-mind/201004/mindfulness-meditation-addiction	Make a paper kite and go test it.

Download the Mindshift CBT app. Work on changing your negative thought patterns to more positive thought patterns	Look up how to make slime and make some with your family	Honesty - Misaabe Honesty is carried by the Sabe (Sasquatch). Share your honesty with someone when asked a question & practice with yourself. Use Kind words.	Motivation to change. Draw a series of arrows pointing towards change (the right hand side of the page), away from it (the left hand side of the page), or in circles if you are confused about it. What are the changes you want to make in your life? What is your attitude towards this change?	Watch the sunset, notice all of the different colors
Practice listening skills. Find a partner and let them talk for 2 minutes while you do no talking, only listening. Then switch roles (you talk & your partner listens)	Share your thoughts and/or hopes for the end of this school year with your parent or guardian.	Make a plan to do something you have always wanted to do. Discuss what you would need to make this happen...when, what, how, who, where & why?... items, time, money, access, solo or with others (who would you ask along), etc...	Watch "Self-Isolation due to COVID-19 Hard on Recovering Addicts". Why is connection so important in recovery? Discuss with someone. https://www.youtube.com/watch?v=eKdnTDiAoh8	Create sidewalk art with chalk
Practice the following yoga strategy (Standing Crescent Moon) 1. Begin in Mountain position (from last week's yoga tip). 2. As you inhale a breath, raise your arms up and bring your hands together above your head. 3. Relax your shoulder away from your ears. 4. Exhale your breath as you bend your upper body gently to one side. Feel the stretch in your waist and outer are. 5. Inhale another breath to bring yourself back to center. 6. Exhale the breath as you bend gently to the other side. 7. Repeat using the flow yf your breath to guide your movement.	Call or visit a relative you have not been in contact with for a long time.	Write or talk with someone about something you are really passionate about.		Play with your pet
https://www.therapistaid.com/worksheets/gaal-exploration.pdf	Read a children's book to a younger person in your life...change your voice while reading.	Wisdom - Amik The Beaver carries wisdom. Offer someone some of your wisdom & be willing to accept it from someone	Draw something supporting another. It could be an object, shape, or person that is supporting something or someone else. What or what is being supported and who or what is doing the supporting? What supports do you have in your life? What is the ease or difficulty you have in asking for help?	Watch the sunrise, notice all of the different colors
Practice the following yoga strategy (Waterfall) 1. Begin in Mountain. 2. Inhale as you draw your arms to the front and up over your head, allowing your back to arch slightly. 3. Exhale and slowly come into a forward bend, swinging your arms all the way down and then up and behind you. 4. Repeat, following the flow if your breath. 5. Inhale up, exhale down.	Go on a scavenger hunt. Go outside and count how many things you can see that are...round, red or any other color, compostable, immovable, etc.	Share a personal learning experience of your own with a younger person.	Watch "Deep Breathing Exercises for Beginners". Think of times when you can use this in your everyday life. Teach someone the techniques you learned from this video. https://www.youtube.com/watch?v=acUZdGd_3Dg	Read a book

	Play a game of charades with someone.	Make a journal entry about something you learned within the past week. Comment on how you might use in your future.	Read the article "Relaxation Techniques: Breath Control Helps Quell Errant Stress Response". Use some of the techniques in the article. After learning them, teach them to another person in your household. https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response	Make paper airplanes and test them. Encourage a younger person to join you in the fun.
Download the Happify app and play a few games to boost your mood	Cook dinner with your family, encourage everyone to pitch in and help out in some way	Humility - Ma'iingan The Wolf carries humility. Speak or write someone's accomplishments, then share with him/her. Acknowledge that you are a sacred part of creation.	Draw a survivor. List 5 reasons why the survivor should continue to strive to survive. List 5 positive characteristics about the survivor. Discuss the endurance, strength, and survival skills of this survivor with another person.	Look for changes in nature. Flowers, buds on trees, more birds. Soak in all of nature's beauty
Practice the following yoga strategy (Sitting Mountain) You will need to use a kitchen or table chair. 1. Sit down on the chair and scoot forward slightly to bring your back and bottom away from the back of the chair. Adjust yourself so that your feet are flat on the floor and your posture is straight and tall. Your knees should be directly above your ankles. Rest your hands on your thighs. 2. Close your eyes or keep open and find a "focus point" 3. Breathe slowly and deeply in and out. Focus on the the sound and feeling of your breath. Continue for at least 1 minute or until you feel centered and relaxed.	Come up with a list of interesting questions and then interview separately your family members.	Find somewhere to sugar bush	Watch "What Trauma Taught Me About Resilience". In what ways are some of the topics the speaker talks about relateable to yourself? Your community? https://www.youtube.com/watch?v=3qELiw_1Ddg	
https://www.therapistaid.com/worksheets/i-statements.pdf		Truth - Mikinaak The Turtle carries truth. Practice remaining in the moment. Avoid overreacting to today's situation...learn from each experience. Remind yourself of the importance of both the journey and the destination.	Draw your opinion of yourself. You may use shapes, abstract designs, lines, stick figures, or life-like figures. How do the objects in your picture relate to your self esteem? What do you consider your strengths and areas you would like to be stronger in? How do you think your opinion of yourself ties into chemical use?	Go stargazing and count the stars

Practice the following yoga strategy (Sitting Mountain -- neck rolls) 1. Begin in "Sitting Mountain". 2. Exhale to gently drop your chin down toward your chest, letting your neck muscles relax. 3. Inhale to slowly roll your head to the right, ear to shoulder. 4. Exhale back down. 5. Inhale to roll your head to the left. 6. Repeat several times, moving with your breath (in and out).			Watch "Addiction and Depression: How Positive Self-Talk Changed Me". According to the interviewee, when she started practicing self forgiveness, how did that positive self-talk play a role in her recovery? https://www.youtube.com/watch?v=ck0ByP_S-qk	
https://www.therapistaid.com/worksheets/i-statements.pdf		Truth - Mikinaak The Turtle carries truth. Practice remaining in the moment. Avoid overreacting to today's situation...learn from each experience. Remind yourself of the importance of both the journey and the destination.	Draw your opinion of yourself. You may use shapes, abstract designs, lines, stick figures, or life-like figures. How do the objects in your picture relate to your self esteem? What do you consider your strengths and areas you would like to be stronger in? How do you think your opinion of yourself ties into chemical use?	Go stargazing and count the stars
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