

Building Resilient Families by Promoting Positive Mental and Physical Health

Winter Edition: 10 Fun Activities for Families

Try these simple activities to help families thrive and bounce forward from difficult times.

Check out why and how these ideas can benefit your family and help each of you Move Your Mood and enhance your mental and physical well-being.



Physical activity is important for a healthy body and mind and can boost the immune system. It can improve mood and self-esteem, decrease stress and anxiety, and help with brain development, creativity, learning, and concentration. Wow! Being active has a lot of benefits!

Move
YOUR BODY

Mindfulness
PRACTICE

Mindfulness helps us learn to pay attention to our bodies, minds, and environment and to understand our feelings with a kind and curious mind. Being mindful can help us focus and concentrate better. It also allows us to take a pause or calm down when stressed, angry or sad.

Building a strong brain includes understanding feelings, thoughts, and behaviours. It also means learning skills and strategies to cope through difficult times. Through simple actions, you can expand your mind to create a healthy growth mindset.

EXPAND YOUR
Mind

Fuel
YOUR BODY

Fuel your body with healthy foods to benefit both body and mind! Healthy eating increases energy levels, supports a healthy immune system, improves mood and concentration, and helps cope with the stresses of daily life. Enjoy food with the family to foster connections and share food cultures and traditions.

The 40 Developmental Assets are building blocks that all children and youth need to grow up great. Research shows that the higher the number of assets a young person has, the more likely they are to grow up caring, healthy, and responsible.

Build
ASSETS

Building Resilient Families *Winter* Edition!

Mindfulness PRACTICE

Feel the cool air on your cheeks, listen to the crunch of snow, look at the shapes of snowflakes, or different tracks in the snow. Feel your heart beating or focus on your breath when you run up the hill.

Build ASSETS

When you join in snow play with your child, you can model positive communication and show your children the value of taking the time to connect as a family.

Snow Play



As you and your family work hard to build your snowman, talk to your kids about how their bodies feel. Is their heart beating faster? Are they using their muscles? This is a great way to connect and get active together!

Move YOUR BODY

Fuel YOUR BODY

Fuel Up For Fun! You can prepare and eat healthy snacks with your children to give the energy needed to enjoy playing outside. Aim to include vegetables and fruit, whole grains and protein foods.

As you play together, add a dose of laughter. It helps to build connection with others, is a powerful stress buster, and can help boost your mental well-being.

EXPAND YOUR *Mind*

Mindfulness PRACTICE

Walk slowly for one minute, feel each foot touch the ground, then pause. Take 3 breaths and notice the beauty around you; listen for bird songs or spot the color red.

Build ASSETS

While out walking with your child, ask them about their interests and passions. Truly listen and ask questions.

Family Walk



Have your kids plan where they want to walk today. Is there a new path you could find? Try to keep track of how long you were active together. Talk about the importance of kids being active for 60 minutes every day.

Move YOUR BODY

Fuel YOUR BODY

Talk about food! While you are walking include your children in planning dinner for tonight. Think about healthy options that will support growth and development.

Stroll in silence, breathe in the air and notice your surroundings. Then talk together about your experience. Did you feel inspired, delighted, refreshed?

EXPAND YOUR *Mind*

Building Resilient Families *Winter* Edition!

Mindfulness

PRACTICE

Extend kind wishes to those who help you such as store clerks, the postal worker or teachers, by thinking about them and reciting may you be happy, may you be healthy, may you have a great day.

Nurture Kindness



Fuel
YOUR BODY

Show kindness with food! Make a double batch and drop off a healthy treat to a neighbour or friend. When you get back home enjoy the food with your family.

Teach your child about acceptance. Ask "why is it important to treat yourself & others with kindness?"

Build
ASSETS

Be kind to your body, listen to what it needs. Do you need to stretch today? Perhaps you want to try some yoga? Be creative with how you move and listen to what your body needs.

Move
YOUR BODY

Roll the Dice Kindness Game
1 Clean something without being asked
2 Make a card for someone
3 Give someone a big hug
4 Say something nice
5 Write and mail a kind note
6 Make someone laugh

EXPAND YOUR
Mind

Mindfulness

PRACTICE

Imagine you are a snowman on a warm beach. As you name each body part starting from your head to your toes, imagine slowly melting into the sand. Notice how you feel now.

Outdoor Fun



Fuel
YOUR BODY

Picnics are fun any time of the year! Plan an outdoor picnic with your family. Pack along healthy foods such as meat and cheese roll ups, vegetables, fruit, and include a warm beverage.

Model responsible and safe practices to help children and youth understand why it's important.

Build
ASSETS

Being outdoors provides an excellent source of vitamin D from the sun, fresh air and a brain boost. How can you be active and enjoy the outdoors today?

Move
YOUR BODY

Spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and well-being. Make a plan each day to be in nature.

EXPAND YOUR
Mind

Building Resilient Families *Winter* Edition!

Mindfulness PRACTICE

Listen to music together, relax with soothing music or dance with energizing music. Notice what difference this has on your body and mind.

Family Game Night



Fuel YOUR BODY

Food adds to the fun! Work together with your children to create and build fun family game night snacks. Try fruit kebobs and yogurt dip for a healthy treat.

Build ASSETS

Spending quality time together as a family helps children strengthen skills such as leadership, good health, and success in school.

Let the kids create an active family game. Gather old toys, nerf guns, stuffies, balls - anything goes. Let their creativity come to life and join in the fun!

EXPAND YOUR *Mind*

Learn an "old fashioned" game and connect with extended family using virtual technology to play the game together.

Move YOUR BODY

Mindfulness PRACTICE

When you notice another having a positive experience; help them savour it by asking them to describe it to you with all of their 5 senses. What did you see, hear, taste, smell, and feel?

Create Connection with each other



Fuel YOUR BODY

Cooking with children is a great way to stay connected and develop cooking skills. Make it fun and be creative! Try making heart shaped pancakes out of whole wheat flour and enjoy.

Build ASSETS

As a family, cut out hearts and write special messages to one another, placing them on each other's bedroom door.

Being active together as a family improves heart health and overall quality of life. It also builds positive connections and self-confidence.

EXPAND YOUR *Mind*

Create connections as a family by sharing your talents and hobbies with each other. Is there an artist, a wood-worker, a knitter in the family?

Move YOUR BODY

Building Resilient Families *Winter* Edition!

Mindfulness PRACTICE

The next time you read a story with your kids, take some time to engage in conversation about the feelings of the people (or animals) in the book.

Family Storytime



Fuel YOUR BODY

Cooking strengthens reading and math skills! Teach your children to read a kid-friendly recipe and then enjoy making and eating it together.

Build ASSETS

When you read, and have magazines, books and newspapers around your home, you are showing your child the value of reading for pleasure.

Read your child's favourite book together. Create actions and dances using the characters from the book.

Move YOUR BODY

Reading together strengthens your bond and promotes a healthy habit. Explore the wonderful world of books as you guide your children to adventure and discovery.

EXPAND YOUR *Mind*

Mindfulness PRACTICE

When connecting online, be present to those on the screen by giving them your attention. Show them you are listening and be curious about their day.

Virtual Fun & Connection



Fuel YOUR BODY

Swap healthy child-friendly recipes with another family and then prepare it as a family. Enjoy the food together, virtually, with the other family.

Build ASSETS

Ask your child to teach you about their favourite online tool to stay connected.

Play charades on your next virtual family visit. Act out anything you want and have everyone try to guess. Whoever gets it right goes next.

Move YOUR BODY

You are awesome! Build a family collection of positive affirmations to help build resilience, and boost confidence and self-esteem.

EXPAND YOUR *Mind*

Building Resilient Families *Winter* Edition!

Mindfulness PRACTICE

Before you eat dinner, invite each member to share what they are grateful for that day.

Family Gratitude Practice



Create a gratitude jar or family bulletin board where everyone adds notes about what they are thankful for.

Build ASSETS

As you move your body express gratitude for what your body and mind do for you. Think about or write down one thing that you love about yourself.

Move YOUR BODY

Shopping for food is a great way to learn about where food comes from and to express gratitude for it. Farmers, food processors and grocery store employees work every day to supply food to keep us healthy.

Fuel YOUR BODY

Practicing gratitude promotes brain health, increases happiness, improves sleep, and helps strengthen relationships. That is a lot to be grateful for! And, gratitude is free!

EXPAND YOUR *Mind*

Mindfulness PRACTICE

Warm your hearts by practicing mindful breathing. Smell your hot chocolate as you breathe in, and blow on it to cool it off as you breathe out. Now share what brings you joy!

Cozy Campfire



Tell your family what you love about them.

Build ASSETS

Have the whole family join in on gathering the wood and kindling for the fire. Build the wood foundation together before you light it.

Move YOUR BODY

Kid-friendly healthy campfire snacks make it fun and enjoyable for everyone. Be creative! Try warming peeled bananas in foil sprinkled with brown sugar and chocolate for a tasty treat.

Fuel YOUR BODY

Ahhh! Enjoy the coziness of the campfire to spark family storytelling. Take turns telling stories about a favourite memory or share your big dreams.

EXPAND YOUR *Mind*