



RESOURCES FOR PARENTS, CARETAKERS, & EDUCATORS

Advice for Connection & Wellness

This is a very challenging time and finding pockets of self-care and wellness are essential for your own wellbeing. When you're feeling stressed or overwhelmed, try these steps for re-connection.

Connect with your heart & inner-self

Ask your heart and body: What do you need? Maybe it's a hug, sleep, a break, a shower, or a walk. Listen to your intuition.

Connect with your support team

Who uplifts you? Who helps you feel better? Who makes you laugh? Give them a (video) call or send a text asking for support.

Connect with your children

Kids are intuitive. Be honest when you're feeling down or upset. This helps them better understand their own feelings.



Your Wellness is Important

Welcome to the Green Generations's family! We are committed to supporting your family's overall wellbeing and this mini-resource guide was created for parent and child in mind. It's our hope that these suggestions will offer you and your family comforting and healing ideas that you can incorporate into your daily routine.

Green Generations is dedicated to empowering children with tools to build self-esteem and mindfulness so they grow to be thoughtful leaders in their communities – and you, the parent, have the most impactful role in your child's life. We honor and support you in your parenting endeavor.



WE ARE STRONG TREES!
ROOTED & GROUNDED



Staying Grounded

Sometimes things can feel out of our control and it can be very overwhelming, unsettling, and stressful.

When you're feeling that you need to find peacefulness, try the following to get yourself anchored and grounded.

Invite your children to participate with you too. Model how to manage stress and remember that this is a vital life lesson you're teaching them.



Take deep breaths.



Follow a guided visualization online.



Give and get a hug.



Practice holding "mountain," "tree," or "downward dog" yoga poses.



Exercise outside.



Go for a walk and be mindful how you're connecting with earth (just being in nature reduces stress hormones).

Feeling Overwhelmed? It's Okay — We All Are!

When these feelings arise, ✨ take a deep breath ✨ and remember to be kind and gentle with yourself. It's okay to feel angry, upset, unsure, sad, frustrated and overwhelmed. Find healthy ways to channel your frustrations.

Find Opportunities to Take Mini-Breaks — You Deserve It & Need It!

First, know that it's essential for your own self-care and emotional wellbeing to take breaks throughout the day – everyday! Also, know that it's okay to need a break from your kids. We also recognize that breaks can be really hard to come by, especially if you have multiple children of ages and needs in the house.

Here are a few suggestions of when you can find moments of time to squeeze in mini-breathers for yourself and hit the reset button:



While your kids are playing together.



While they're watching TV or playing a video game.



While they're doing their school work.



While children nap and/or complete independent work.

Take this time to put your phone down and make a cup of coffee or tea for yourself, or take five deep breaths, or hold child's yoga pose, or play your favorite song.



Celebrate Family Rituals that Foster Connection

♡ Cook a family recipe together or pick a new one.

♡ Dedicate extra time for hugs and snuggles!

♡ Connect with nature. Get outside and play together.

♡ Make a family scrapbook or take time to look at family photos and reminisce.

♡ Take time to celebrate each other's successes and acts of kindness.

♡ Sing favorite family songs together. Get other family members involved through video chats.



♡ Discuss how you can help others in need and spread joy.

♡ Start each day by stretching.

♡ Designate weekly movie nights and games nights.

♡ Host a dance party and play everyone's favorite song.

♡ Use your imaginations! Pretend to go camping and make s'mores.

♡ Or, work together to turn a cardboard box into a castle or puppet theater.

♡ As a family, be sure to express gratitude – often.

Create a Family Positivity Poster

Inspirational posters are a great addition to brighten your home while connecting with your children.

Grab some paper, old magazines, scissors, markers, and stickers to create a poster with positive messages with your family.

Work together to create messages and images that inspire each of you. Hang it up together in a central location to enjoy.



Affirmations

Affirmations are empowering sayings that help radiate positive energy and reaffirm healthy habits. Repeat the following affirmations as often as you'd like:

- ♥ *I treasure my children for who they are.*
- ♥ *Our home is full of love and peace.*
- ♥ *We will get through this together.*
- ♥ *I am doing my best.*
- ♥ *It's okay to take some time for me.*
- ♥ *I model respectful communication.*
- ♥ *I shower my kids with love and cuddles.*
- ♥ *I am not perfect and that's perfectly okay.*
- ♥ *I am an awesome parent.*



What Do You Need?

Take a moment to close your eyes and connect with your heart. Ask yourself:

"What do I need?"

Think of just one word. What is the first word that comes to mind?

LOVE

JOY

PEACE

MOTIVATION

FORGIVENESS

STRENGTH

FRIENDSHIP

Write the word down in a journal or on paper and post it on the fridge as a gentle reminder.

Reflect on one action for the word you chose. How can you bring more of what you need into your life? Who can help you, too?



Signs of Parent Burnout:

1. Snapping at your kids a lot.
2. Difficulty sleeping.
3. Exhausted after you wake up and after coffee.
4. Not interested in things that used to bring you joy.
5. Feeling ashamed, anxious, and/or guilty.

Coping Strategies:

1. Say: This is tough, but so am I.
2. Know that you're in control of how you respond to challenges.
3. Take one step - one day - at a time.
4. Trust that this will pass.
5. It's okay if you're having a bad day or week. It will get better.

Four Steps to Wellness with Green Generations

Nurture your own wellbeing with self-care practices.

Find ways to pamper yourself, take a break, and do what you love. Remember you modeling to your kids how to respond in stressful situations. When you feel overwhelmed, take the opportunity to teach them how you recenter and ground yourself.

Grow a healthy mindset.

When you find yourself thinking negatively, be mindful of what's triggering you. Shift gears. Hit the reset button. Reach out to your support network. Grow from this awareness.

Thrive with love, connection, and extra snuggles.

Be sure to shower your children with extra love and cuddles. Find opportunities to connect in playful and fun ways. Share how much and why you love each other. (Remember to not withhold your love even when you're angry.) Love is the strongest bond.

Achieve balance.

Balance looks different for all of us, especially during a crisis. Know that it's okay to let go and just be present. Find the beauty in the small things. Trust that you're strong and that this will pass.



20 Ideas to Inspire Family Wellness



Connect with nature.



Play games together.



Have a picnic.



Write letters to hospitals to say thank you.



Plant fruits, herbs, or veggies.



Have a screen-free morning or afternoon.



Exercise together for 30 minutes.



Encourage each other to drink 3+ glasses of water a day.



Draw rainbows and post in your windows.



Thank three people in your life and tell them why.



Look at the stars.
Make a wish.
Go to bed early.



Write inspiring messages in chalk outside.



Create a gratitude & kindness jar.



Share your funniest and/or favorite memories.



Have a karaoke night.



Pick five yoga poses and practice together.



Have a spa day at home.
Pamper yourselves.



Have a smoothie day.



Write down family goals & dreams.

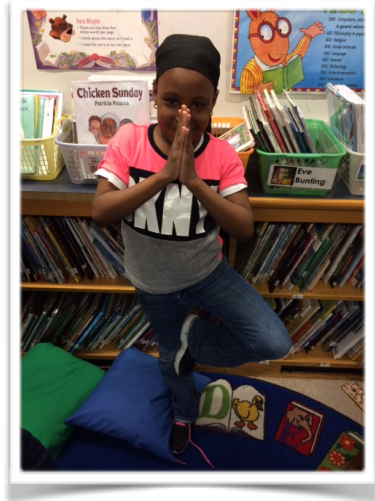


Draw pictures to send to those who are lonely.



Daily Questions to Ask Your Kids

1. How can you practice kindness today?
2. How can you use your imagination today?
3. What are you grateful for today?
4. How can you move your body today?
5. Who can you call to cheer up today?



Acknowledging Grief

If you and your family are grieving the loss of a loved one, we truly send you our deepest condolences.

Grief can be an all-encompassing emotion and it's vital that you practice self-care.

Here are other suggestions to provide comfort and support:

- ♥ Recognize that this is trauma.
- ♥ Reach out for support and counseling.
- ♥ Be open with your kids on how you're feeling.
- ♥ Find meaningful ways to celebrate your loved one's life until your family can get together.
- ♥ Consider writing in a journal to celebrate your loved one as well as writing about your favorite memories and feelings.



Notes for Reflection

1. *What new family ritual would you like to incorporate into your family culture?*

2. *Which affirmation spoke to you the most?*

3. *What do you need today (love, motivation, a hug, strength, peace, etc.)?*

4. *Select 3 family wellness ideas that you'd like to do this season with your family:*

5. *Select a new daily question from our list that you would like to begin asking your child:*



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