

HERE'S the SCOOP

Northpointe Council Inc. Volume 4



Be an ACTIVE listener!

- Wait for the speaker to stop BEFORE SPEAKING**
- KEEP HANDS AND FEET STILL**
- MAKE EYE CONTACT**
- REPEAT BACK what you heard**
- ASK questions**
- FACE the speaker**
- FOCUS ON what is being said**
- IGNORE distractions**
- NOD your head**
- TELL THE SPEAKER if you understand or don't understand**

A message from Northpointe



NORTHPOINTE
COUNCIL
your path to a brighter tomorrow

We understand that this can be a very challenging time for everyone and may cause some uncomfortable feelings. Practice sharing how you feel with those around you. Using an I-message allows you to share how you feel without blaming others.

Positive Coping Skill:

Share your feelings

i Message

I feel _____
(how their actions are making you feel)

when you _____
(actions that are bothering you)

because I _____
(how their actions are affecting you)

Can you please _____
(what you want them to do instead)

- ♥ Look at the person you are speaking to.
- ♥ Use a kind tone of voice.
- ♥ Be respectful of each others feelings.

Get Movin'

GARDEN YOGA FOR KIDS

Pretend to be a tree
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a frog
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a seed
Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly
Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

Pretend to be a flower
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

RESOURCES

Niagara County

Important Links

NYS Office of Mental Health

• <https://omh.ny.gov/omhweb/guidance/>

The Hub/Erie County, NY Department of Health

• <http://www2.erie.gov/health/index.php?q=hub>

211 (search to find local services)

• <http://www.211wny.org/>

Niagara County Department of Health

• <https://www.niagaracounty.com/health/Resources>

Erie County Department of Health

• <http://www2.erie.gov/health/index.php?q=coronavirus>

Center for Disease Control

• <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Home School Sites

ABC mouse

• www.ABCmouse.com

Adventure Academy

• www.adventureacademy.com

Education.com

• www.education.com

Common Sense

• www.commonsense.org

Epic

• Reading APP for kids

Quick Math Junior

• Math App for kids

Swift Playgrounds

• Learning App for kids

Northpointe Council's mission is to provide high-quality, person-centered prevention, intervention, treatment, and recovery to those affected by substance use disorders and other addictions from the Greater Niagara Area.

P: 716.282.1228



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Little Free Pantries!

NORTHERN 716	
 OLCOTT: Imagine That 5957 E Main St. 14126	 LOCKPORT: iMagine Comm Garden Elmwood & Washburn 14094 white box near corner
 LOCKPORT: Emmanuel United Methodist 75 East Ave. 14094 Red box in back lot	 NIAGARA FALLS: Highland Helping House 2809 Highland Ave. 14305 Front yard next to gate
 NORTH TONAWANDA: Nash Rd Church 958 Nash Rd 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Greater Nia Fed Credit Union 110 Ward Rd 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: OLC Church 57 Center St 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: iHope Comm Church 316 Thompson 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: NT Senior Center 110 Goundry St. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: iMagine Comm Gardens 225 Sommer St 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: Nia Reg Fed Credit Union 1285 Erie Ave. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Degraff Mem Hospital 445 Tremont St. 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: Matt's Music 937 Oliver St. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Hope Center 383 Vandervoort 14120 The Little Free Pantry: North Tonawanda on FB
 TONAWANDA: Decades 2855 Sheridan Dr 14150 Decades Little Free Food Pantry on FB	 ***TEMPORARY TONAWANDA: 17 Longfellow Ct. 14150 Little Free Library convert
 ***TEMPORARY KENTON (BUFFALO): 29 Harrison Ave. 14223 Little Free Library convert	 ***TEMPORARY GRAND ISLAND: 1372 Staley Rd 14072
 BUFFALO(NORTH): Park Lutheran Church 2 Wallace Ave. 14214 On Depew Ave side of bldg.	 ***TEMPORARY KENTON (BUFFALO): Kenton's LF Library 152 Irving Terr 14223 Kenton's Little Free Library- 14223's first LFL on FB

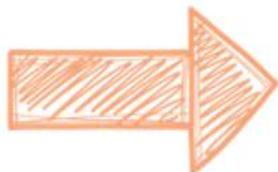
Change the You Message

to an
I Message

You Message

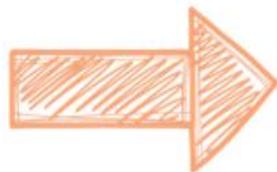
I Message

You are talking too fast.



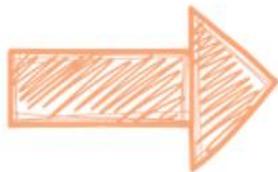
I feel _____
when you _____
because _____

You shouldn't leave Maria out of your party.



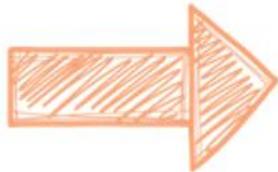
I feel _____
when you _____
because _____

You're too pushy. You make me not want to do it at all.



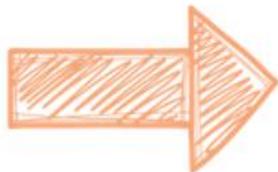
I feel _____
when you _____
because _____

You are always on my case. Just leave me alone.



I feel _____
when you _____
because _____

You always get your way.



I feel _____
when you _____
because _____

Gratitude

Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love

YOUR WORDS

MATTER

INSTEAD OF...

TRY

	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.

5

KEY STEPS FOR RAISING ASSERTIVE KIDS

Big Life Journal

1 TALK ABOUT IT



Tell kids there are **3 basic styles** of communication. Each time we speak or interact with other people, we choose one of these methods: **passive**, **aggressive**, or **assertive**. For young kids, try using animals to represent each style. Let them brainstorm different creatures associated with the 3 types:



PASSIVE

a turtle in his shell or a mouse that runs and hides



AGGRESSIVE

a tiger who attacks or bear that roars



ASSERTIVE

a wise owl or calm family dog who barks at danger

2 DEFINE BOUNDARIES



Discuss how there are boundaries in the world, or **lines that should not be crossed**.



One way to respect these boundaries is by discussing the **power of "no."** Whether it's an unwanted hug from grandma or a bossy friend on the playground, kids need to hear that assertively saying "no" is not only acceptable--it's their right.

3 TEACH "I" MESSAGES

Here's a **simple formula**:

"I feel (insert feeling) when you (insert behavior). I would like you to (insert request)."
"I feel angry when you tell me I can't play. I would like you to let me join in."



Know that "I" messages work **because they are non-judgmental**. They neither blame nor criticize, and keep the listener from feeling attacked or defensive.

4 BUILD FRIENDSHIP SKILLS



- Assertiveness skills are not just necessary for dealing with the playground bully. It's often our **closest friendships** that require making our needs and feelings known.
- Start by talking with your child about the **qualities she wants in a friend**. What kinds of things make a good friend? How do friends act?

5 MODEL CONFIDENCE



If we hope to **raise confident kids**, it's crucial to communicate assertively in our own lives. You might start by:

- **Speaking up** when you need to, and letting your child see you say (and stick to) "no"
- Discussing the times assertiveness is difficult for you, and **how you overcome it** by practicing
- Using a **calm, confident voice** when stating your views
- **Praise (and even reward) yourself** when you do well

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



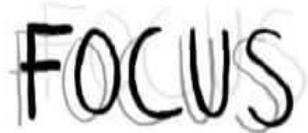
2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



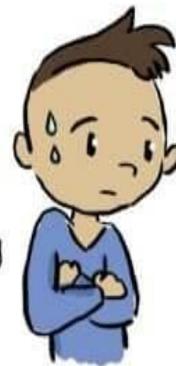
5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.



6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.

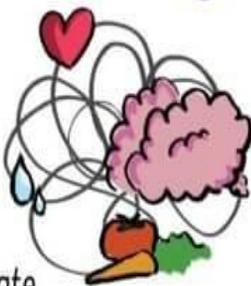


7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.

