

HERE'S the SCOOP

Northpointe Council Inc. Volume 3



SELF-CARE REMINDERS



A message from Northpointe



NORTHPOINTE
COUNCIL
your path to a brighter tomorrow

Check out some useful sites and apps that focus on positive coping skills!

- Cosmickids.com
- “Calm” App
- “Three Good Things” App
- “Stop, Breathe, &Think” App

Positive Coping Skill:

Progressive Muscle Relaxation

Squeeze a Lemon

Pretend you have a lemon in each hand. Squeeze it hard. Feel the tightness in your hand and arm as you squeeze. Keep Squeezing (Hold for 10 seconds.) Now relax and let the lemon drop from your hand. Hooray, you did it!



Stretch Like a Cat

Pretend you are a cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Stretch as high as you can. Keep stretching (Hold for 10 seconds.) Hooray, you did it! Let your arms drop.



Hide in Your Shell

Pretend you are a turtle. Pull your head into your shell. Pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight (Hold for 10 seconds.) Hooray, you did it! You can come out now. Feel your shoulders relax.



Young Chef's Corner

Animal's Crazy Trail Mix

Ingredients

- 1-2 cups popped Popcorn
- 1 ½ cups Animal Crackers
- 1 ½ cups Pretzels
- 1 cup M&M's
- 1 cup Cheerios cereal



Mix it all in one big bowl and enjoy!

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



NORTHPOINTE
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your path to a brighter tomorrow

Little Free Pantries!

| NORTHERN 716 | |
|---|--|
| OLCOTT: Imagine That 5957 E Main St. 14126 | LOCKPORT: iImagine 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: iImagine 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 |

Self-Care for Kids

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

1 Take a Break

You may have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. It can be helpful to try making your schedule lighter by taking a little break (if you can) from certain stressful activities.

2 Do Your Favorite Things

Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't been able to do in a while. Make a plan to do the things on your list soon!

3 Learn to Relax

Take some time to do something that relaxes you and calms your mind and body. This might mean turning off electronics and going out in nature. You could also try meditation, yoga, or listening to calming music.

4 Take Care of Your Body

The healthier you are, the easier it'll be to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals.

5 Be Around People You Enjoy

Surround yourself with people that make you feel happy. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

6 Share Your Feelings

It is helpful to find someone to talk about your feelings with often. This could be a counselor, a close friend, or a family member. Talking about your feelings is a healthy way of coping and can help you feel happier.



Homeschooling Recipe for Success



Ingredients

- Consistency
- Positive reinforcement
- Frequent breaks
- Communication
- Taking care of yourself

Tips

Do your best to make your child's schoolwork as fun as possible. For math, use various items from around the house for examples. Cheer them on. Praise them as much as possible. Go outside. Change the atmosphere. If you make this fun, your child will see it as fun. If you are stressed, your child will be stressed. It's all in *YOUR* attitude.

Preparation

1. **Consistency is key.** Kids crave structure and consistency. Develop as much routine as possible. The best time to start is right after breakfast. Do as much as you can right away in the morning, while they are well-rested and have full stomachs. This is when their energy level and attention span is at it's best. The longer the day goes on, the more tired and bored they will become.
2. **Positive reinforcement.** Use as much positive reinforcement as you can. For example, every sentence your child writes, they earn a sticker towards a reward that suits them best. Try to give as many small, immediate rewards as possible and work their way to a bigger, end goal (i.e., once they fill up their chart, they get to stay up 30 minutes later, or earn extra iPad time.)
3. **Allow for frequent breaks.** If your child gets frustrated with their work easily, allow frequent, timed breaks. For example, once you write 2 sentences, you can play with your toys for 5 minutes, then come back and write 2 more. Using a timer can allow for consistency so they do not take advantage of the breaks.
4. **Communicate at their age-level.** Use as many emotion words as you can. For example, "I can see you are getting frustrated. Let's take some deep breaths together. What can I do to help you? What do you need from me?" Validate their feelings and that it is okay to get upset. Point out how well they handled a situation when they were upset. "Wow, look at how well you took those deep breaths when you got mad."
5. **Take care of you.** Don't forget to take care of yourself, also. If you can sense yourself getting frustrated, then it's okay to walk away for a moment and calm your own emotions.

Supporting our children manage stress and calm fears with changes resulting from COVID-19



With schools temporarily closed to prevent the spread of the Coronavirus, families must juggle work, homeschooling children, and new levels of stress and anxiety. This is a scary uncertain time for everyone so, focus on what you can control. It will help calm fears, manage stress and help children self-regulate their behavior.

KEEP A ROUTINE

Children benefit from knowing what is going to happen and when. Keeping a regular routine is important. It provides structure, a sense of security that is calming for children.

- Keep a regular daily schedule.
- Review the schedule each day with your family and post it in your home.
- Let children know when activities begin and end. It will help in head off meltdowns.
- Be creative and add some fun new activities to your day.
- If the day does not go as planned – that is ok. Just get back on track tomorrow.

STAY IN TOUCH

Social distancing can be tough on children and adults alike. Staying connected with family and friends is important to help calm fears and manage stress.

- Talk and listen to your child about their concerns and worries.
- Help children stay connected with school friends and family members by telephone or computer.
- Don't have a computer or internet? Then have your child write letters and draw pictures that can be mailed to family and friends.

SUBSTANCE MISUSE PREVENTION

With children home, they are spending more time around adults and adult behavior. Be mindful of adult alcohol use and keep alcohol properly secured. This is a good time to remind kids of the dangers of alcohol, substance use, vaping, and gambling behaviors. Being safe at home includes discussion about prevention.

10 WAYS TO STAY
CONNECTED...
THE POSSIBILITIES
ARE ENDLESS.

- 1 Read stories.
- 2 Talk about family history.
- 3 Play "I spy with my eyes" during a walk.
- 4 Set up an at home treasure hunt.
- 5 Listen to music. Dance!
- 6 Play games.
- 7 Watch movies.
- 8 Video-chat with family and friends.
- 9 Cook, bake, or eat together.
- 10 Draw or paint.

Daily SEL Challenge

Create a calming corner or spot in your house with your favorite things.



Write a journal entry about how you are feeling today.



Self-love and self-compassion are important! List 5 ways you can be kind to yourself.



Make a list of 15 kind things you can do for others.

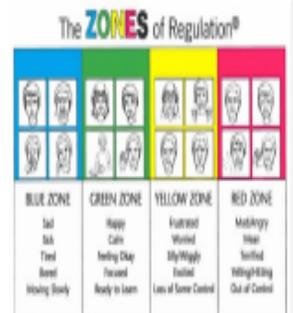
Do a mindfulness activity on GoNoodle Flow.



Do something kind for someone. Write about how it made them (and you) feel.

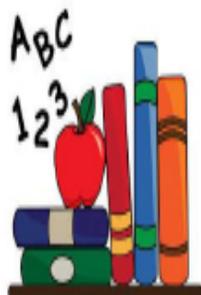
Write a kind note or letter to someone else. Take a picture of it or send an email.

Teach your family about the Zones of Regulation. You can even create your own check-in.



Draw a portrait of someone you know who is a leader. List the qualities that make them a leader.

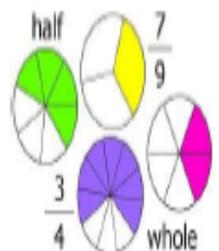
Email a teacher and thank them for all of their hard work.



Spend time with a family member by watching a movie, playing a game or taking a walk together.



Teach a friend or family member a skill or strategy you've learned.





TODAY IS
GOING TO BE
AWESOME