

## Academy at Kiley Choice Board for Caregivers

A. Emotional regulation and stress management	B. Gratitude and kindness	C. Joy and connection	D. Self-awareness and reflection	E. Social awareness and empathy
Do you feel stressed or anxious? Pick from this column.	Do you feel like people around you are feeling sad? Do you feel sad? Pick from this column.	Do you feel the need to do something light-hearted? Pick from this column.	Do you feel curious about something? Confused? Pick from this column.	Do you feel disconnected from other people? Pick from this column.
<p>1 Mindfulness 5-4-3-2-1. Look around your surroundings and find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. By the time you get through listing all of those, you will be more present and calm.</p>	<p>2 Write a letter to a relative you have not been able to see in person. A nice alternative to Zoom.</p>	<p>3 <a href="#">Healthy Cooking Delicious &amp; Healthy Recipes for Under \$10   Affordable Recipes</a> <a href="http://www.skinnytaste.com › under-10">www.skinnytaste.com › under-10</a></p>	<p>4 Make a collage about yourself. Use images from magazines, newspapers, or photos. Share it with your children.</p>	<p>5 Write a poem from your child's perspective.</p>
<p>6 Make a stress ball Fill a heavy-duty balloon with rice and tie it up as if you had filled it up with air.</p>	<p>7 Engage your family in designing a Tree of Thanks.  <a href="https://www.pinterest.com/pin/66568900719659126/">https://www.pinterest.com/pin/66568900719659126/</a></p>	<p>8 Make a list of your positive attributes. You'll be surprised how many things you are good at. Make a list of your child's positive attributes and share with your child.</p>	<p>9 It's never too late to figure you "what you want to be when you grow up". Sign onto MA Career Information System to help you find out how you can "do what you love".  <a href="https://portal.masscis.intocareers.org/">https://portal.masscis.intocareers.org/</a> Your high school student is doing this too. Do it together.</p>	<p>10 Make some Good Trouble-This is inspired by Congressman John Lewis' leadership in the historic march from Selma to Montgomery in 1965. Click on the link below as John Lewis reflects on the meaning of the phrase: "<b>Good Trouble</b>". The news story is from the opening of National Center for Civil and Human Rights in Atlanta. <a href="https://youtu.be/kHNfP9Thqh0">https://youtu.be/kHNfP9Thqh0</a>  Have a family discussion.</p>
<p>11 Take a walk outside or inside, yes inside.  Home   Walking Workout <a href="https://youtu.be/X3q5e1pV4pc">https://youtu.be/X3q5e1pV4pc</a></p>	<p>12 Hearts for Healthcare Workers Make a heart for your front door or window showing your appreciation for healthcare workers.</p>	<p>13 While families are spending time together, take this opportunity to record your family stories. Interview family members and start a family story audio file. Grab your phone and begin.  <a href="https://storycorps.org/participate/great-questions/">https://storycorps.org/participate/great-questions/</a></p>	<p>14 Think Before you Type Have a discussion with you child about the effects of posting online. Help your child to help themselves and their friends to avoid the pitfalls of social media.  <a href="https://www.youtube.com/watch?v=SI0-cvxcf44">https://www.youtube.com/watch?v=SI0-cvxcf44</a></p>	<p>15 Practice active listening  Restate and summarize in your own words what someone has just said Use encouraging words and give feedback Ask for more information Validate their point of view  Model this skill for your children.</p>

16  
*Dealing with Worry*  
Ask yourself these questions.  
What's the evidence that the thought is true? That it's not true?

Is there a more positive, realistic way of looking at the situation? What's the probability that what I'm scared of will actually happen? If the probability is low, what are some more likely outcomes?

Is the thought helpful? How will worrying about it help me and how will it hurt me?

17  
*Take a Gratitude Break*  
Take a few minutes every day to share a quick appreciation. Don't overthink it. It can be as simple as, "I'm grateful that my daughter cleaned her room".  
*I'm grateful that we are all healthy".*

18  
*Make a Scrapbook*  
Add pictures of family members, awards (school, sports, and extracurricular activities).

19 Create a Personal Manifesto

## How to Write a Personal Manifesto

Cultivate Peace of Mind  
Laugh Often **Play**  
**CREATE** Listen to Yourself Keep Your Word  
*Think Optimally* Stay Grateful  
Be of Service **HAVE COURAGE**  
**Persever** YOLO Be Kind  
*Don't Worry, What Others Think*  
Follow Your Bliss  
Keep Learning Be Disciplined  
CHOOSE TO BE HAPPY Be Bold

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20  
Explore the lives of social justice advocates. Ask your children to research these:

*Malala Yousafzai*  
*Martin Luther King Jr.*  
*Nelson Mandela*  
*W.E.B. DuBois*

and find examples of current social justice activists.

<https://www.dosomething.org/us/articles/10-racial-justice-activists-you-should-know>

Have a discussion about their contributions and what you as a family can do to make positive change.