

Activities for **WELL-** **BEING**

Body, Mind and Spirit

Mindfulness



Destress



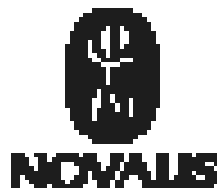
Positive Emotions



Cathy McAleese & Jennifer Moore-Mallinos
Illustrations by Claire Keay

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Activities for **WELL-** **BEING** Body, Mind and Spirit



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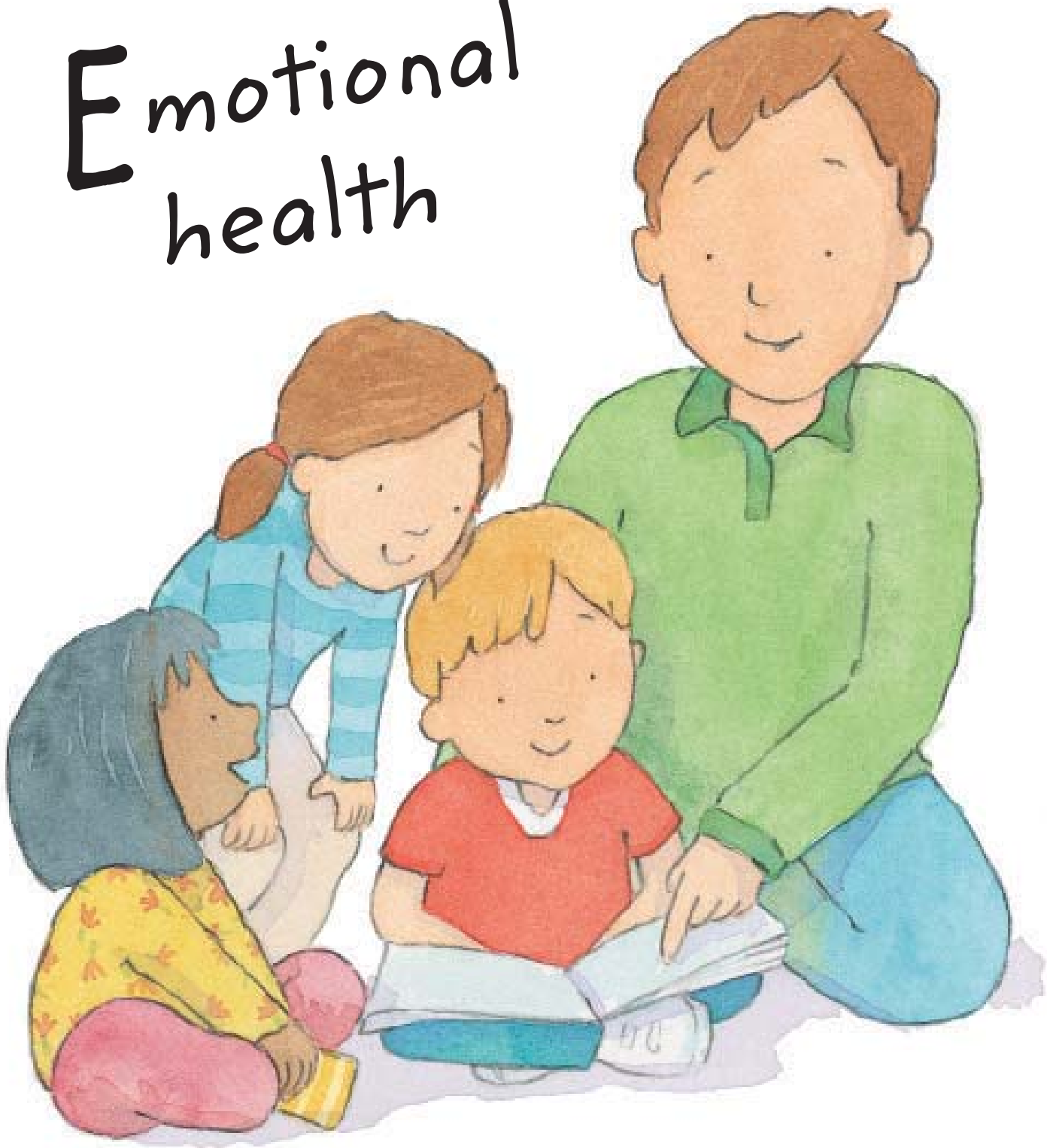
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Emotional health



Research shows that educators, parents and caregivers can make a lifelong difference in helping children grow up to be both physically and emotionally healthy.

It is up to us to create

nurturing environments

that will give children the opportunity to learn specific skills in

managing

challenging situations

and become motivated to continue.

Through a wide range of crafts and activities,
children can **build**

**their emotional health, resiliency
and self-regulation skills**

that will help them to concentrate better,
learn and interact more successfully and
deal with everyday stresses.

Let's help our children improve their
concentration and memory skills,
develop a positive attitude and
emotional maturity,

**and learn how to
manage daily stress**

in a fun way!



To help children to grow in faith, it is important for them to see that God is present in their day-to-day living and experiences. We also want them to know that their faith is something that can contribute to their overall health and well-being. Faith and spirituality are positive forces in our growth as human beings. This book about body, mind and spirit is a wonderful guide that helps our children see that God loves them in their whole being. Each topic contains a prayer or reminder to help your child to know that God is present in it all.



DeStress

8

To relax your body or mind after
a period of tension:
to stop feeling the effects of stress.



How can crafts and activities help your child destress?

Stress is something that everyone experiences at one time or another. Like adults, when children feel stressed they may feel sick to their stomach and not be able to eat. They may have trouble sleeping or complain of a horrible headache. This is what it feels like to experience stress.

When children are feeling worried or uncomfortable about something, they are experiencing stress. A child who is feeling stress may appear angry, frustrated or afraid, all of which can cause them to have trouble paying attention at school or remembering things at home.

Our children may also experience stress with their everyday activities, such as keeping up with their school work and participating in extracurricular activities, and in their relationships with their peers.

**In the following pages
you will find stress-relief
activities for kids.**



*Dear God,
Thank you for your love. Send me my
guardian angel to watch over me. When
I am afraid or nervous, help me to feel
calm and safe because you are always
with me. Amen.*



Help something grow: plant a garden

Gardening is a fun way to use
your imagination and learn an
essential skill for nurturing life.





Whether you start your garden in a small tabletop bowl, on a balcony or patio...

...or even in small pots in your bathroom or kitchen,

JUST
be creative.



If you are not sure how to start your own garden, there are many ways to learn. Spend some time at a nursery: find out what grows best in your area and what you need to do to take care of them. Visit your local library or bookstore to learn about different plants.

Then when you are ready,

**this is what
to do:**





Assemble small pots
or planter boxes.



Add potting soil.



Use a watering
can to water
the seed.



Make a tiny hole in the soil and add
your vegetable, herb or flower seed.



Put the pots or boxes in a sunny place.

Before you know
it, your plant/
garden will

**begin
to grow!**



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