

# 21 Days of Caring

Create a wave of love energy.

- Elder Kahontakwas



For youth  
8 to 16 years old  
with parents or  
caregivers

**21 Days to  
learn something new,  
help other people, and do  
something kind for yourself.**

Use this guide to help you navigate the uncertainty of these changing times.

If you need help,  
Kids Help Phone is always  
there for you. No matter what  
you want to talk about, they're  
there to listen. No judgment,  
totally private, 24/7.

Visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca),  
call 1-800-668-6868 or  
text CONNECT to 686868.

# Different Points of View




*Do you see different people responding differently to the pandemic?*



There are very few definite "rules" around the pandemic.

Most provinces and territories have guidelines that they suggest people follow. Try to recognize that everyone will have different responses to these guidelines, and what's most important, is to respond in a way that feels right for you and your family to stay safe.



**As COVID-19 restrictions start to lift, have a chat with your family about how you can start to resume your typical activities in ways that make sure everyone feels safe.**



Access helpful links and more tips on well-being here.



# Feeling Anxious?



*What are some times in the past that you have responded well to stress and anxiety? What did you do to feel better?*



It's normal to feel anxious about the changes happening around us. Stay informed, exercise, create a routine, and stay connected!



**Speak to friends or family and ask them how they manage feeling worried and uncertain. Make a list of all of their ideas.**

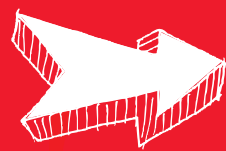


Get helpful links and more tips on how to cope here.

*Breathe*



# Positive Thinking for Tough Times



## Helpful Thinking for Tough Times:



*What is your favourite positive saying or quote?*

- This time will pass.
- Focus on things I can control.
- I don't need to fix everything.
- I will allow myself to feel however I need to feel.



**Write down 3 things that you are good at. Make a plan to do one of these things this week!**



**Get helpful links and more tips on how to cope here.**



# Shift your Focus



Change negative thinking into positive thinking:



*What can you do to focus on the present when your mind starts to wander and think about worrying thoughts?*



Instead of thinking  
*"We can't see each other" think  
"We are protecting each other."*

Or instead of thinking  
*"I'm stuck at home" think  
"I'm safe at home."*

**Shift your focus to the world outside.**

**Find 5 things you can: see, touch, hear, smell and taste.**



**Get helpful links and more tips on how to cope here.**

**Stay in the moment.**



# A New Normal



*If you could do anything you wanted for one day, what would it be?*



## Tips for your best day:

Include 60 minutes of physical activity, try not to spend more than 2 hours on a screen or sitting, and get 8-11 hours of sleep!



**Build your Best Day!**  
Check out this interactive site from [ParticipACTION](#) to plan for your best day!

**Each day is what you make it.**



Get helpful links and more tips on how to cope here.



# All my Relations



It is important to get out on the land for mental and emotional health.



*Why does caring for the land matter to you? How do you care for the land?*



Stay safe by checking the weather forecast, planning a way back, telling family where you are, and bringing enough supplies.

**Ask an Elder or community member to share a story or song about connecting with the land.**



Get helpful links and more tips on connecting to the land here.

To be on the land, to survive, to thrive on the land, means you have to be able to work together as a family, clan and community.

- Elder Kahontakwas (Diane Longboat)



# Stress, Anxiety and Substance Use



We have a choice in life—  
we can choose how we are  
going to behave. We can  
determine whether we reflect  
the good around us or lose  
ourselves in the darkness.

- Wab Kinew



*What are some  
things you can do  
to relieve stress?*



When you use alcohol, cannabis,  
or other substances to relieve  
stress and anxiety it may  
increase the risk of developing a  
substance use disorder.

If you use substances, monitor  
how often and how much you  
use and reach out for help if you  
feel it's becoming a problem.



**Create a Stressful Day to-do list  
and post it where you can see it.**

**Here are some ideas to get you  
started: call a friend, write down  
how you feel, go outside, listen  
to music, take a time out.**



Get helpful links and more tips  
on how to cope here.





# Create a Time Capsule



People create Time Capsules to communicate with people in the future: maybe their future family members or their future selves!



*What is the strangest, most memorable thing that has happened during the COVID-19 pandemic?*



Pick some of the most interesting and memorable things you have done during the COVID-19 pandemic so that you will remember what it was like to live through this unusual time!

Fill in this Time Capsule of events and memories from this period of isolation or create your own!

Sometimes you will never know the value of a moment, until it becomes a memory.  
- Dr. Seuss



Get helpful links and more tips on how to cope here.



# Connect With Culture



The isolation of COVID-19 has given us time to connect and learn.



*What is something from your culture that you would like to learn about or learn to do?*



- Take some time to talk with and support Elders.
- Take time to be on the land.
- Support Indigenous artists, craftspeople and knowledge keepers who may be impacted by the pandemic.

**Ideas: start seedlings, learn about your traditional medicines, reconnect with language/stories/songs, learn a traditional craft/skill.**

It is said that what the Great Spirit gave to his/her children to live in this physical world in a good way, was given forever.

- Elder Jim Dumont



Get helpful links and more tips on connecting with culture here.



# Journaling



Journaling is a valuable tool for mental health.



*What has changed in your daily life since COVID-19? Have any changes been pleasantly surprising?*



It allows you to sort out your thoughts and shift your way of thinking (when necessary). Journaling can help reduce stress, and even depression and anxiety.

No one is perfect, that's why pencils have erasers.  
- Wolfgang Riebe

**Download and fill out the Nuna Journal book or just fill out a few pages—whatever works best for you!**



Get helpful links and more tips on how to cope here.



# Household Scavenger Hunt



*What activities can you do with your household to have fun together?*



Take some time to have fun together!

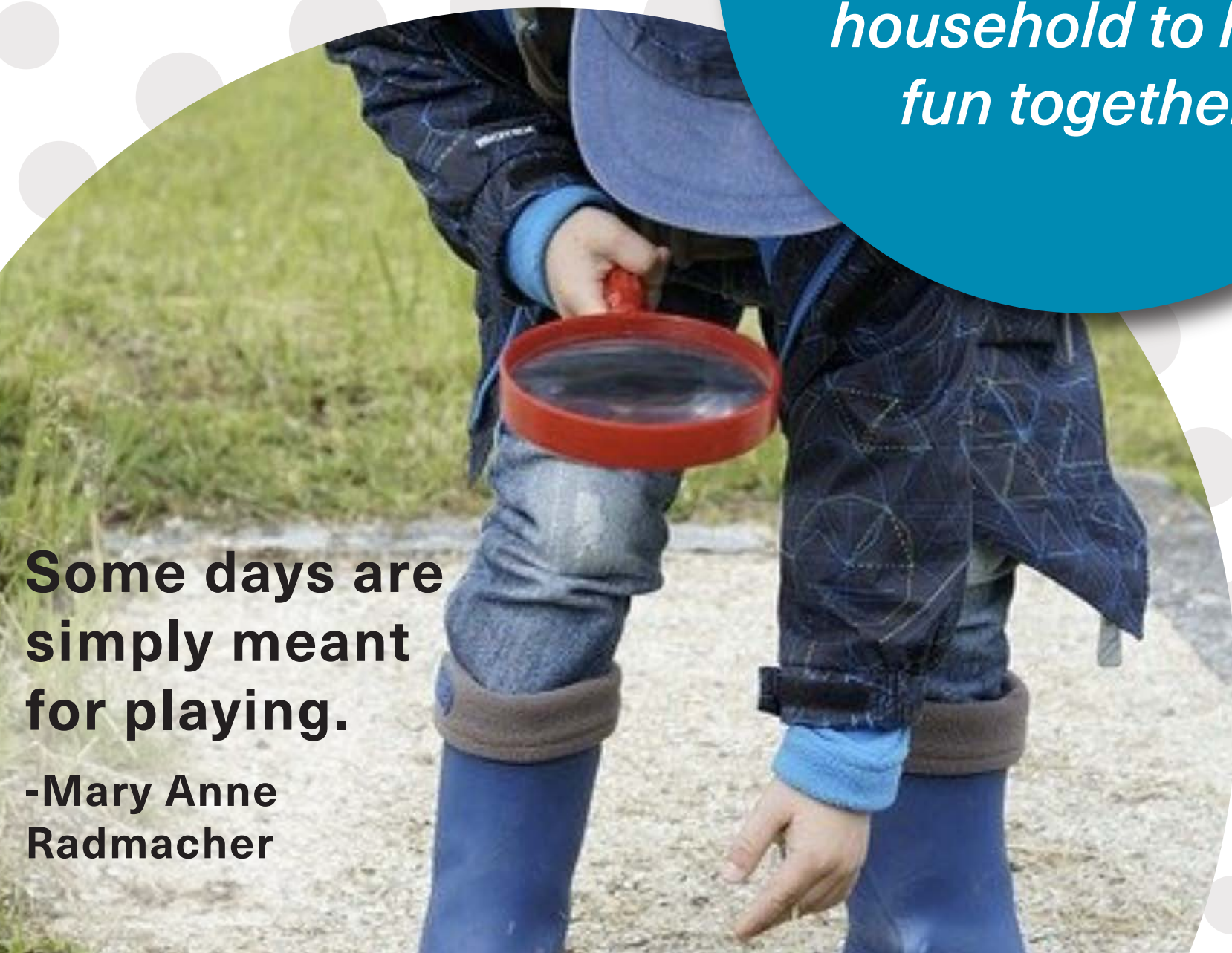
Some ideas could be cooking, crafting, sewing, hunting, or playing card games.



**Create a household Scavenger Hunt for your family. Here are some ideas of what you could include: baby pictures, puzzle piece, sewing needle, sunglasses, piece of candy, and/or a musical instrument!**



Get helpful links and more tips on how to cope here.



Some days are simply meant for playing.

-Mary Anne Radmacher



# Culture Guides Us

We are connected  
to all living  
things.



*Which of the Seven  
Sacred Teachings  
stand out for you  
the most?*



In some Nations, the  
Seven Sacred Teachings  
guide how people should  
treat each other.

They are: Love, Respect,  
Wisdom, Humility, Bravery,  
Honesty and Truth.



**Make a list of how you  
could demonstrate each  
of the Seven Sacred  
Teachings.**



Get helpful links and more tips  
on connecting with culture here.



# For Caregivers of a Child with Autism



*What is your  
child's preferred  
communication  
style?*



If you are caring for a child or family member with autism it is important to communicate with them about COVID-19 so that they know the facts from a source they can trust. Communicate in a way that works best for your child by using tools such as social stories or pictures.



**Create a sign for your child using simple words and pictures:**

*"I can help stop the spread of germs by washing my hands with soap and water. I can take my time when I wash my hands, making sure I wash between my fingers and all over my hands."*

**If they can't learn the way we teach,  
we teach the way they learn.**

- Dr. Ivar Lovaas



**Get helpful links and more tips on caring for a child with autism here.**



# Dreams and Goals



*What are your  
dreams and goals?*



It helps to make a plan of action to achieve your goals. List three steps you can take to make your goals happen, and who can help you achieve them.



**Check out  
[wemattercampaign.org](http://wemattercampaign.org)  
for inspirational videos  
created by Indigenous youth  
and create your own!**

**You will see that every single person has a right to life, that everyone is unique and that every single person has a contribution to make to sustaining life.  
- Elder Kahontakwas (Diane Longboat)**



**Get helpful links and more tips on well-being here.**



# Helping Others



*Why is it important to help others in your community?*

Things don't just happen overnight... there's always someone there to give a helping hand, especially in our communities where everyone knows everyone.

- Jordin Tootoo



How to respond when someone talks to you about their mental health:

*"I am proud of you"*

*"Thank you for sharing with me"*

*"Is there anything I can do to help?"*

*"I am here when you need me"*



**Write down two things you can do to help someone and how helping others makes you feel.**



Get helpful links and more tips on helping someone in mental distress here.





# Self-care



With so many changes and so much uncertainty it is important to focus on how we can take care of ourselves. Schedule some time each day to do something just for you!



*What is your favourite thing to do for yourself?*



Fill out this great [Self-Care Checklist](#) from our friends at Kids Help Phone!



Get helpful links and more tips on self-care here.

believe in yourself

Sometimes we make decisions that feel selfish and even wrong but sometimes those decisions need to be made.

- Susan Aglukark



# Being Patient with Yourself



Tips to help become more patient with ourselves:



*How can you tell when you are becoming impatient with yourself?*



- Make yourself wait. The best way to practice patience is to make yourself wait.
- Stop doing things that aren't important.
- Be mindful of the things making you impatient.
- Relax and take deep breaths.

**Write a list of positive things you can say to yourself when you start to feel impatient.**

*For example "I am good enough", "I deserve to spend time on things that make me happy."*



**Get helpful links and more tips on managing your emotions here.**

**Take it one step at a time.**



# Self-care for Sleep



*What is your favourite thing to do before heading to bed?*



## Self-care for sleep.

Develop a good night time routine to wind down:

- Stay away from caffeine before bed.
- Keep your phone on silent.
- Try reading or listening to nature sounds to relax.
- Keep a journal beside your bed for any thoughts you need to write down so you can relax.



**Draw a picture of one of your favorite dreams. Also, try out the Sleep Diary app from Kids Help Phone.**

Z  
Z  
Z



Don't bother me  
i'm sleeping

**Sleep is the best meditation.**



**Get helpful links and more tips on managing sleep here.**



# Finding Support



*Where is a safe place you can go if you are feeling sad or hurt?*



If home is not a great place to find support, it is important to connect with other people and places when you are feeling sad or hurt.

Kids Help Phone offers 24/7 text or chat: 1-800-668-6868.



**Sometimes home might not always be the best place to feel supported. Fill in the Safety Plan and/or Support Circles handout to give you some more ideas of who can help.**

**We all need somewhere we feel safe.**



**Get helpful links and more tips on staying safe here.**



# #ItsNotAboutYou



Although Elders/seniors need to be protected by physical distancing, they still need social connection.



*Do you know any Elders/seniors who might be at risk?*



Some Elders in Ontario started the #ItsNotAboutYou campaign to tell families the importance of taking precautions against COVID-19. You can check in with Elders/seniors in your community by phone or by volunteering to help with picking up medications or groceries.

**What steps could you take to ensure that Elders/seniors are protected/kept safe?**

**Write down a list of actions you could take to show your respect for the safety of Elders/seniors in your community.**

**Get helpful links and more tips on supporting Elders/seniors here.**



**Our Elders are knowledge holders and our most precious resource, we must take responsibility to protect them.**



# Remembering our Loved Ones



*Do you have a favourite memory or story of a loved one that brings a smile to your face or makes you laugh?*

Those we love don't go away,  
they walk beside us every day.



Since you may not be able to travel and visit with friends and family, here are some ways you can show your support:

- Speaking to the deceased's loved ones by phone or video chat.
- Asking if they need anything, like food or supplies, and dropping them off at their house.
- Sending them a card or letter.



**Call into your local radio station to share a memory of your friend or loved one.**

**Create a post on social media sharing a memory or story of your friend or loved one.**

**Set aside time to honour your loved one by making a special meal, taking a walk, or dedicating a special place.**



**Get helpful links and more tips on managing grief here.**

