

Self-Care Week

Activities for Teachers, Parents, and Keiki

A supportive resource from the Hawai'i Association
of School Psychologists (HASP)



Self-care is the act of honoring and respecting oneself. Practice your self-care with these daily activities.

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MONDAY

Mindfulness is a mental state that is achieved by focusing one's awareness to the present moment, while calmly acknowledging and accepting one's thoughts, feelings, and bodily sensations. It is often used as a therapeutic technique and has strong calming qualities.

Activity: Spend 10 minutes quietly sitting without distraction while focusing on your breathing. Calmly acknowledge any thoughts or feelings you may experience, then shift your attention back to your breath. Focusing your attention on a single object, such as the flame of a candle, can also be helpful.



TUESDAY

Exercise is linked to increased mood, energy, and focus. It reduces stress and has positive affects on the brain and sleep. It does not need to be rigorous to be effective.

Activity: Take 30 minutes to take a walk, stretch, or do some simple yoga poses.



WEDNESDAY

Good nutrition is an important component of self-care. What we eat affects our brain health. Our gastrointestinal tract is home to 90% of our serotonin receptors.

Serotonin is a neurotransmitter that affects mood, sleep, memory, etc.

Activity: Cook a balanced meal as a family or, if alone, over video chat.



THURSDAY

Distraction can be an effective self-care activity in uncertain times such as these. We may find ourselves feeling stressed about things of which we have no control. Distraction can help reduce stress and build resiliency.

Activity: Spend 30 minutes engaging in

an enjoyable and stress-free activity. Color, read, do a puzzle, garden, play a game, or watch a movie, comedy show, or relaxing video.



FRIDAY

Social distancing does not require social isolation. Being socially isolated can lead to anxiety, depression, and feelings of loneliness. Reaching out to others can help reduce the negative impact of the social distancing requirements being asked of us. We are all in this together and need to support one another as a community.

Activity: Focus today on connecting with others without violating the social distancing orders. Call or video chat with somebody you have not spoken with in a long time. This is also a good time to make amends with those whom you may have had past differences. If you do not have the means to reach out by phone or computer, consider writing letters or journaling your positive thoughts about people in your life.



WEEKEND FAMILY ACTIVITIES



Create a scavenger hunt around the house for the keiki. This can also be done with eggs for those who celebrate Easter.

Read together as a family.

Play family games. Encourage creativity and imagination by putting together art activities.

Cook together.

Each person pick 1 family member and write down a reason you are grateful for that person. Rotate until all family members are selected.

Limit exposure to the news and other possible sources of negative influence.

Have open and honest discussions. Answer any questions keiki may have, while encouraging their sense of safety and security.

Allow alone time and foster self-reflection opportunities. Households with multiple people may not present opportunities for time to spend alone.

SELF-CARE RESOURCES

Yoga App: 10 Daily Yoga Poses

Exercise App: 30 Day Fitness Challenge - Workout at Home

Mindfulness: <https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCxoPaMMYotldKIUQCw>

Calming: <https://www.calm.com>

Distraction:

https://uwaterloo.ca/campus-wellness/sites/ca.campus-wellness/files/uploads/files/list_of_distraction_techniques.pdf

Coping: <https://copingskillsforkids.com/coping-with-coronavirus>

Happiness Activities: <https://www.actionforhappiness.org/coping-calendar>

Coloring: <http://media.virbcdn.com/files/14/b52707622fb831db-MandalaBook2016.pdf>

Extra Tips: [Care for Caregivers: Tips for Families and Educators](#)