

You've Got This!

Working from home, keeping your children safe, teaching your kids, making sure everyone in your household eats..... the list goes on....

Feeling overwhelmed in this time of uncertainty? Feeling like you just can't do it?

We want to show you that YOU ARE DOING IT and YOU ARE DOING IT WELL!!!!

Activities of Daily Living:

Have you:

- Made your bed
- Washed dishes
- Loaded the dishwasher
- Put away dishes
- Vacuumed
- Cooked a meal
- Made a sandwich
- Folded laundry
- Gardened
- Raked
- Washed your hands
- Taken a shower/bath
- Sent a letter
- Cleaned a room
- Gotten dressed
- Taken out the trash
- Picked up a room
- Folded a blanket
- Brushed your teeth
- Brushed your hair
- Gone grocery shopping
- Put away grocery items
- Washed the car
- Watered a plant
- Set the table
- Fed the family pet
- Answered the telephone
- Made a phone call
- Gotten ready for bed
- Written an email
- Searched the internet for information
- Written a check

If you can check ONE box, you are modelling activities of daily living.

If your child can check ONE box, you are teaching life's lessons!!

Self-Regulation:

Have you:

- Gone outside for a breath of fresh air
- Taken a deep breath
- Left the computer to stretch
- Closed the bedroom door just to take some space for yourself
- Doodled, coloured, painted, drew a picture
- Gone for a run/Taken a walk
- Gardened/Raked/Yard work
- Yoga
- Written a list
- Chewed gum
- Told yourself, "I can do this"
- Asked for a hug/Given a hug
- Eaten a healthy snack
- Gotten a good night sleep
- Read a book
- Made a list
- Pet the family pet
- Walked the dog
- Made a to-do list
- Art project
- Played a sport
- Listened to music
- Talked to a friend
- Set a goal
- Danced
- Played an instrument
- Blew bubbles
- Taken a drink of cold water
- Watched a funny video/tv show
- Asked for help

If you can check ONE box you are modelling self-regulation strategies.

If your child can check ONE box, you have taught them how to recognize their emotions and use a strategy to help them through their day!!