



TOOLS & RESOURCES

Tools & Resources

In this section, you will find healthy living tools and resources. All of the tools and activity sheets included in this section can also be found online in an easy-to-print format at: kelytmentalhealth.ca/toolkits

Online Resources:

Healthy Eating

Health Canada

Includes a link to Canada's Food Guide and information on healthy living for families

www.hc-sc.gc.ca/hl-vs/index-eng.php

National Heart Foundation of Australia

Handout with tips on how to reward without food

www.heartfoundation.org.au/SiteCollectionDocuments/InfoFlyers-FoodAsReward.pdf

BC Pediatric Society – Sip Smart

(A parent's guide to healthy drinks for kids)

dotcms.bcpeds.ca/sipsmart/families/

Dietitians of Canada

Resources on healthy eating including an Eating and Activity Tracker and a Virtual Grocery Store Tour

www.dietitians.ca/Your-Health.aspx

Canadian Pediatric Society – Caring for Kids

Tips for parents who have children who are picky eaters

www.caringforkids.cps.ca/healthybodies/FussyEaters.htm

HealthLink BC

Nutrition resources for families in B.C.

www.healthlinkbc.ca/dietitian/

Physical Activity

Healthy Families BC

Resources for families on physical activity and healthy eating
<http://www.healthyfamiliesbc.ca/>

Kidnetic

Exercise and healthy eating website for children and youth
www.kidnetic.com/

School OT

Sensory activities that are typically “alerting” or “calming”
school-ot.com/Sensory%20Strategies.html

Participaction

Participation is the national voice of physical activity and sport participation in Canada
<http://www.participaction.com/>

Bright Futures – Tips for Managing Screen Time

www.brightfutures.org/mentalhealth/pdf/families/mc/video_games.pdf

Stress Management

Child and Youth Health

Information on stress written for younger children, including relaxation exercises
www.cyh.com (type in ‘kids and stress’ in the search bar)

mindcheck.ca

Stress management resources for youth and young adults
<http://mindcheck.ca/mood-stress>

The Psychology Foundation of Canada

Downloadable resources for families such as “The Struggle to Juggle: Stress Management Strategies for You and Your Family”
www.psychologyfoundation.org/order_worklife.php

FRIENDS for Life program

A school-based program that teaches children how to cope with worries and equips them with tools to help manage difficult situations. There is also a ‘FRIENDS for Life Parent Program’
www.mcf.gov.bc.ca/mental_health/friends.htm

Here to Help

Downloadable stress management resources for adults
www.heretohelp.bc.ca/skills/module2

Sleep

National Sleep Foundation

Website for children that includes fun games to teach about sleep
www.sleepforkids.org/html/learn.html

Kelty Mental Health Resource Centre

Sleep promoting medication information sheets
<http://keltymentalhealth.ca/treatment/medications>

Other

Able-Differently

Support for families with children who have behaviour and / or learning difficulties. Helpful handouts include the family strengths assessment (For handouts, go to 'Other Resources – Forms')
www.able-differently.org

Books

Healthy Eating

Satter, E (2005). *Your Child's Weight: Helping without Harming (Birth through Adolescence)*. Wisconsin: Kelcy Press

Satter, E (2008). *Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook*. Wisconsin: Kelcy Press

Stress Management

Hipp, E (2008). *Fighting Invisible Tigers: Stress Management for Teens*. Free Spirit Publishing ISBN 1575422824 | Vancouver Public Library

Garland, EJ & Clark, SL (2009). *Taming Worry Dragons: A Manual For Children, Parents, And Other Coaches*. Children's & Women's Health Centre of BC | Family Resource Library: www.bcchildrens.ca/KidsTeensFam/FamilyResourceLibrary/LibraryCatalogue.htm

Dunn Buron, K & Curtis, M (2004). *The Incredible 5-Point Scale – Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling Their Emotional Responses*. www.5pointscale.com

Sleep

Owens, J & Mindell, JA (2005). *Take Charge of Your Child's Sleep*. New York: Marlowe and Company

Other

Greene, R (2001). *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children*. New York: Harper Collins.

Williams, MS & Shellenberger, S (1996). *Introduction to How Does Your Engine Run? The Alert Program for Self-Regulation*. Therapy Works Inc: Albuquerque, NM.

An innovative program that supports children and parents to choose appropriate strategies to change or maintain states of alertness

Louv, R (2005). *Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder*. Chapel Hill, North Carolina: Algonquin Books.



My Healthy Living Pinwheel

Goal Setting Tool



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Choose a long-term goal that you would like to achieve, and then decide on a short-term SMART goal that will help you to reach your ultimate goal. Your goal can be anything that you feel is important to your health and wellness. Remember to reward yourself when you reach your goals!

SMART GOALS ARE:

Specific
Measurable
Action Plan
Realistic

(On a scale of 1-10, how confident are you that you can reach your goal?)

Time (to review goals)

Goal: _____

S: _____

M: _____

A: _____

R: _____

T: _____

Goal: _____

S: _____

M: _____

A: _____

R: _____

T: _____

Goal: _____

S: _____

M: _____

A: _____

R: _____

T: _____

NAME: _____

Remember, setting short-term goals can help you reach your long-term goal!

Goal: _____

S: _____

M: _____

A: _____

R: _____

T: _____

My Signature: _____

My Healthy Living Pinwheel

(Example)



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Here are some examples of SMART goals. You can choose one of these goals for yourself, or choose anything that you think would make a difference to your health and wellness!

SMART GOALS ARE:

Specific
Measurable
Action Plan
Realistic

(On a scale of 1-10, how confident are you that you can reach your goal?)

Time (to review goals)

Goal: Managing stress/worries

S: Deep breathing

M: 5 'belly breaths'

A: When I feel stressed/worried

R: 8/10

T: Next week (date)

Goal: Eat healthier

S: Eat more fruit

M: 1 piece/day

A: Buy 7 pieces of fruit/week

R: 7/10

T: Next week (date)

Goal: Be more active

S: Walking

M: 45 minutes on Mon, Wed & Fri

A: At the park, with my mom

R: 8/10

T: By the end of 2 weeks (date)

Pat Smith

NAME:

Remember, setting short-term goals can help you reach your long-term goal!

Goal: Sleeping well

S: 'Wind down' time before bed

M: 30 min before bedtime

A: Do something relaxing (book, music, bath)

R: 7/10

T: By the end of 2 weeks (date)

My Signature:

Pat Smith

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Meal Planning

The best way to make sure your family eats a healthy, home cooked meal is by planning. If you know what is planned for dinner, and you have all of the ingredients, putting a meal together won't seem like such a chore.

Meals should include at least 3 out of the 4 food groups. Remember, the 4 food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. Here's an example of a meal and how to determine the food groups:

Meal: Bean and cheese burritos with salad

Beans = Meat and Alternatives

Cheese = Milk and Alternatives

Tortilla = Grain Products

Salad = Fruit and Vegetable

Total Food Groups = 4 out of 4

Try to make sure your meal plans are simple, especially when starting out. Set aside time for meal planning. Involve your child in helping plan meals. Make a shopping list and do all your grocery shopping once a week.



Sample Meal Plan:

Sunday

- › Hamburger
 - › Salad / mixed greens
 - › Glass of milk
- Food Groups**
= 4

Monday

- › Baked beans on toast with
grated cheese on top
 - › Steamed broccoli
- Food Groups**
= 4

Tuesday

- › Avocado and shrimp with
mozzarella quesadilla
 - › Roasted asparagus
- Food Groups**
= 4

Wednesday

- › Shake n' bake chicken and rice
 - › Mixed greens
 - › Glass of milk
- Food Groups**
= 4

Thursday

- › Orzo and shredded chicken salad
(with sweet peppers and feta cheese)
 - › Cut up cucumbers and carrots
- Food Groups**
= 4

Friday

- › Lentil dahl with rice and
plain yogurt
 - › Peas and carrots
- Food Groups**
= 4

Saturday

- › Tuna pasta casserole
(with cheese)
 - › Roasted vegetables
- Food Groups**
= 4

Make your own meal plan. See if you can figure out how many food groups each meal has.

Sunday
<div>Food Groups</div> <div>=</div>

Monday
<div>Food Groups</div> <div>=</div>

Tuesday
<div>Food Groups</div> <div>=</div>

Wednesday
<div>Food Groups</div> <div>=</div>

Thursday
<div>Food Groups</div> <div>=</div>

Friday
<div>Food Groups</div> <div>=</div>

Saturday
<div>Food Groups</div> <div>=</div>

Here is a list of foods from each of the 4 food groups.
You can also use this as a grocery list.

Fruits and Vegetables

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> Corn | <input type="checkbox"/> Kale/collards | <input type="checkbox"/> Cherries |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Yam | <input type="checkbox"/> Grapes |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Zucchini | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Edamame | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Berries |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Apple | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Gai Lan | <input type="checkbox"/> Banana | <input type="checkbox"/> Honeydew |
| <input type="checkbox"/> Squash | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Pear | <input type="checkbox"/> Lychee |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Peach | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Potatoes | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Blueberries | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Sweet peppers | <input type="checkbox"/> Lemon/Lime | |

Meat and Alternatives

- ☐ Deli meat
- ☐ Tofu
- ☐ Hummus
- ☐ Canned fish (salmon, tuna, crab)
- ☐ Fresh fish (herring, salmon, trout)
- ☐ Lentils
- ☐ Nuts (shelled)
- ☐ Baked beans
- ☐ Refried beans
- ☐ Peanut butter or nut butters
- ☐ Seeds (shelled)
- ☐ Beef
- ☐ Bison/Buffalo
- ☐ Chicken
- ☐ Game birds (partridge, grouse)

Grain Products

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> Pasta | <input type="checkbox"/> Barley |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Bannock |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Congee |
| <input type="checkbox"/> Pita | <input type="checkbox"/> Cornbread |
| <input type="checkbox"/> Tortilla | <input type="checkbox"/> English muffin |
| <input type="checkbox"/> Naan | <input type="checkbox"/> Waffle |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Pancake |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Roll |
| <input type="checkbox"/> Bulgur | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Quinoa | |

Milk and Alternatives

- | | |
|---|---|
| <input type="checkbox"/> Milk | <input type="checkbox"/> Game meats (deer, moose, caribou, elk) |
| <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Goat |
| <input type="checkbox"/> Chocolate milk | <input type="checkbox"/> Ham |
| <input type="checkbox"/> Cheese | <input type="checkbox"/> Lamb |
| <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Fortified soy beverage | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Kefir | |
| <input type="checkbox"/> Paneer | |
| <input type="checkbox"/> Pudding/Custard (made from milk) | |
| <input type="checkbox"/> Yogurt | |

Activities Your Family Can Try

Ideas for being active, playing and having fun with your family

Kids will be more likely to think being active is fun if you show them that it is fun and that it feels good. Think about activity as something you do together as a family.

Play at the playground:

Try “follow the leader”. Let your child lead or have them copy you:

- › Climbing on monkey bars
- › Crawling through tunnels
- › Up and down the slide
- › Running and touching all the fences
- › Balancing and walking across logs

Try doing one minute intervals of activities, such as:

- Skipping rope • Hula Hoop
- Throwing a ball at a target
- Core exercises • Squats or lunges
- Bouncing a basketball
- Band/weight exercises
- Jogging on the spot



Set up an obstacle course:

- › Brainstorm with your kids about what you want to put into your obstacle course
- › Think about ways to move: step, walk, creep (on all fours), crawl (on belly), roll, somersault, jump, hop, leap, run, etc.
- › Think about things in your house that you can use, such as: couches, chairs, tables, mattresses, plastic hoops, big blocks, gym mats, cushions, telephone books, rope, etc.

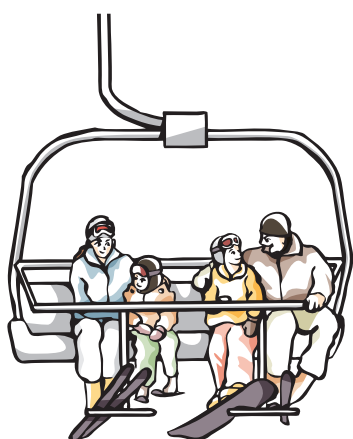
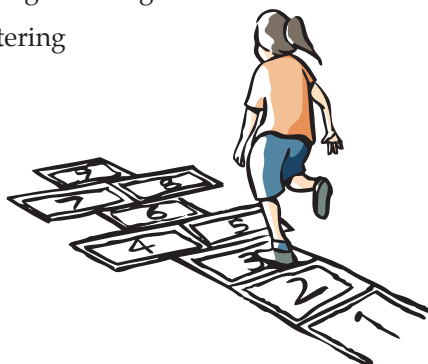
Play in the house:

- › Try taking different exercise videos out of the library. Look for ones geared to your child's/youth's age, such as:
 - Yoga, Pilates or Hip hop dance
 - Silly movement songs/dancing for younger children
- › Keep exercise equipment like free weights (or try using 2 soup cans) or exercise balls in an area you can see them. You can use them during T.V. commercials or when you take built in breaks
- › Adapt outdoor games to inside (e.g. games with balloons or soft balls)



Try outdoor activities:

- › Biking
- › Swimming
- › Rock climbing
- › In line skating
- › Kayaking
- › Walking or hiking
- › Scootering



- › Street hockey
- › Skiing
- › Playing tag
- › Hopscotch
- › Mini golf
- › Snow shoeing
- › Tobogganing / tubing
- › Skateboarding
- › Running through the sprinkler

Work activity into your day:

- › Ride your bike, walk, or scooter to school, the park, etc.
- › Help carrying groceries or taking out the garbage/recycling
- › Rake the lawn, help with gardening and planting, shovel snow
- › Take the dog for a walk or run
- › Take the stairs instead of the elevator
- › Try to work 10,000 steps into your day (can use a pedometer to track steps)
- › Get off the bus a stop early and walk the rest of the way



Rainy day activities:

Be prepared for the rain; have rain gear ready and you can still do a lot, even if you are getting wet. But if you really can't be outside:

- › Bowling
- › Ice skating or indoor climbing
- › Open gyms at the community centre
- › Put on music and dance around your living room
- › Try a drop in dance or yoga class








Other activities:

- › Take part in a charity walk/run and train for it as a family (many community centres offer training programs)
- › Attend community events
- › Have a friendly competition with your kids (e.g. jumping rope)
- › Use parties as a way to promote activities (like skating or bowling)



Notes:

Stress In My Day

	When	What is stressing me	How it makes me feel	What I can do	How adults can help
	Before School				
	In School				
	After School				
	In the Evening				
	On the Weekend				

Notes:

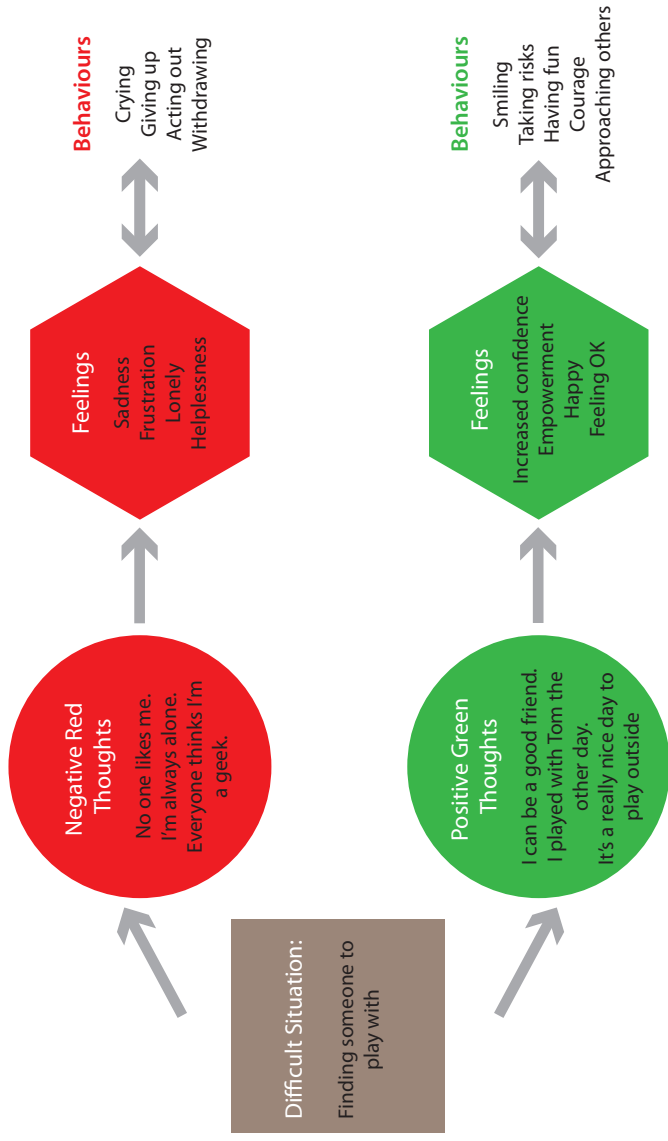
Learning to Think Green Thoughts

Have your child explain what red and green thoughts are to all family members.

Sharing out loud some of your own thoughts helps your child or youth to recognize whether thoughts are helpful or unhelpful.

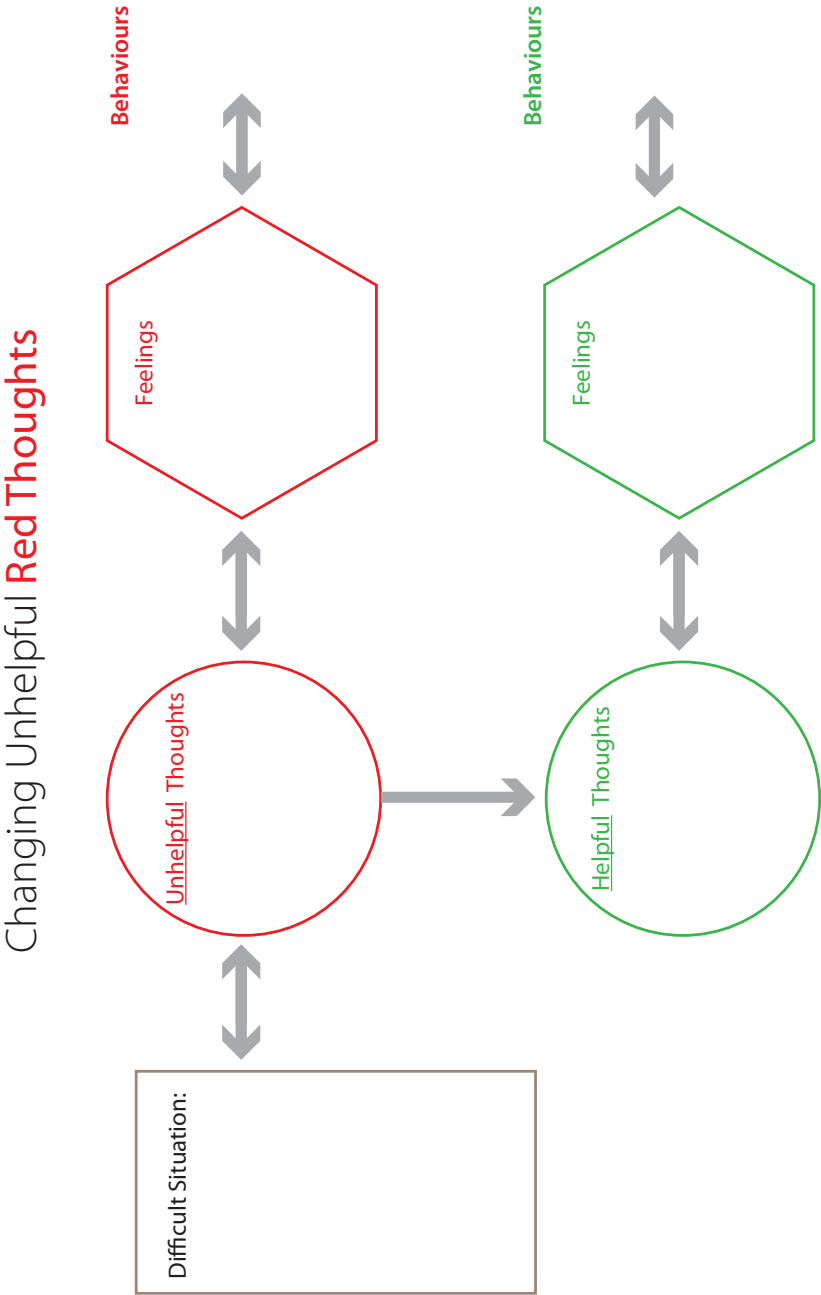
Encourage your child to focus on the positives of any situation and realistic green thoughts.

Changing Unhelpful **Red Thoughts**, Increasing **Green Thoughts**



Changing Unhealthy Thoughts

Fill in the diagram and learn how to change your thoughts from Unhelpful Red thoughts to Helpful Green thoughts:



Used with permission:
Pathways Health and Research Centre and Ministry of
Children and Family Development FRIENDS for Life Program

Quick Ways To Relax

Breathe Deeply

Breathing Exercise

1. Slowly blow up the balloon
1 2 3 4
2. Now, slowly blow out the balloon
1 2 3 4

You can help slow down your body and quiet your mind by breathing deeply. Here is one way to try deep breathing:

- › Imagine you have a balloon in your tummy. Place one hand below your belly button
- › Breathe in slowly through the nose for four seconds
- › Feel the balloon fill up with air – your belly should expand
- › When the balloon is full, slowly breathe out through your mouth for about four seconds
- › Your hand will rise and fall as the balloon fills and empties
- › Wait 2 seconds, and then repeat a few times
- › When belly breathing, make sure the upper body (shoulders and chest area) is fairly relaxed and still



Adapted from AnxietyBC

Visualize A Calm Place



- › Find a quiet place and close your eyes
- › Think of the most calm, peaceful place you have ever been. Picture yourself in that place
- › Describe what it: **Looks** like, **Sounds** like, **Smells** like, **Feels** like
- › Return here when you are feeling stressed or worried

Relax Your Muscles



- › Make a fist with each hand, squeeze each hand tight. Squeeze... Squeeze... Squeeze... Relax
- › Now, while you squeeze your fists again, tighten your arms to squeeze your body, Squeeze... Squeeze... Squeeze... Relax
- › Now, this time also squeeze your legs together while making a fist and squeezing your arms together, Squeeze... Squeeze... Squeeze... Relax
- › Repeat if you would like
- › Shake out your hands, arms and legs. Hopefully now you feel more relaxed

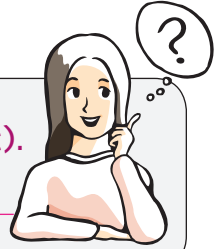
Adapted from the Psychology Foundation of Canada

Notes:

How to Problem Solve

1.

Figure out what is the problem (name it).



2.

Decide how you feel about the problem.



Sad



Angry



Scared



Confused



Frustrated

3.

Decide what you want to do about the problem (for example, you could ask for help, tell the person how you feel, or walk away to think about it). Think of three things you can do to solve the problem.

1 _____

2 _____

3 _____



4.



Try out the plan you decided on.

Make sure that you explain how the problem affected you, how you are feeling about it and what you want to happen to help you feel better.

5.

6.

If the plan you chose does not work, DO NOT give up, ASK FOR HELP!



Notes:

Sleep Tips for Kids

Here are some things you can do to help get a good night's sleep:

Try to go to bed and wake up at the same time every day

Your body will get used to a schedule



Try to avoid caffeine - especially in the afternoon and at night

Caffeine can be found in many foods and drinks, like chocolate and sodas

Make sure your bedroom is dark, quiet and comfortable

You can ask your parents for help



Try to avoid bright lights after dinner

This includes the TV, computer, and other screen activities

Exercise during the day

Running and playing during the day can help your body get ready for sleep (try not to exercise within 3-4 hours of your bedtime)



Have a bedtime routine

Do the same relaxing things before bed each night, like taking a warm bath, reading, or listening to quiet music. Your body will know it is time to get ready to sleep. An interactive bedtime routine chart is also available from: <http://keltymentalhealth.ca/healthy-living/bedtime-routine>

Notes: