

LITTLE ACTIVITY BOOK



PROVIDENCE
HEALTH • EDUCATION • THERAPY

FALL 2020

As we designed our 2019-2020 Report to Community, winter was fast approaching and COVID-19 numbers were on the rise. We thought we would include this little booklet with some activity suggestions, some resources - and perhaps some inspiration - to help us through the winter and into spring.

We know the activities we encourage our young students to do every day are also good for ALL of us:

Colour. Read. Write.

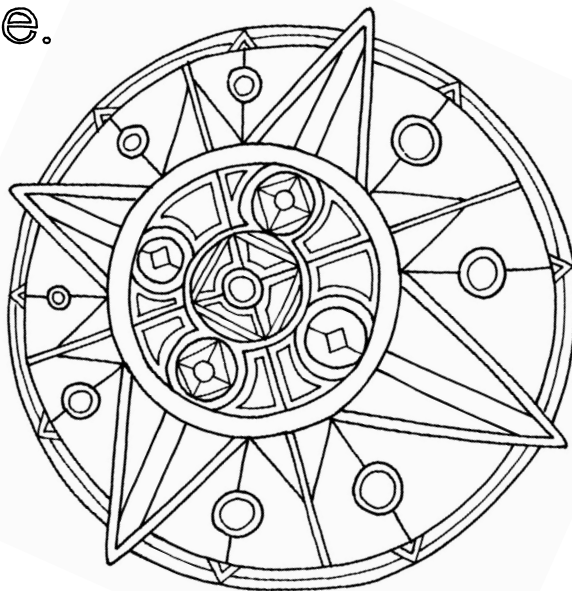
Research shows each of these activities can reduce anxiety, encourage mindfulness, and lift your mood.

We hope you find something here that calms you or lifts your spirit. Please visit our website for more colouring art: www.providencechildren.com/little-activity-book

Sincerely,

The Staff at Providence

P. S. Thank you to our friends at CBN Commercial Solutions for their generous support of this project.



Front Cover: Thank you to Karolyn Masters for creating the front cover artwork featuring her son Zane, who lives with autism.

Cover photo credit: Shayna Kerrie; Artwork above created by Chanya Hughes.



Little Mo
was here

Words: poet Erin Hansen. Artist: Maureen McElhinney

Colourist: _____

COLOUR

Colour by yourself

We have included some original colouring pages we hope you will be inspired to bring to life. More colouring art is available on our website: www.providencechildren.com/little-activity-book

Colour with a friend

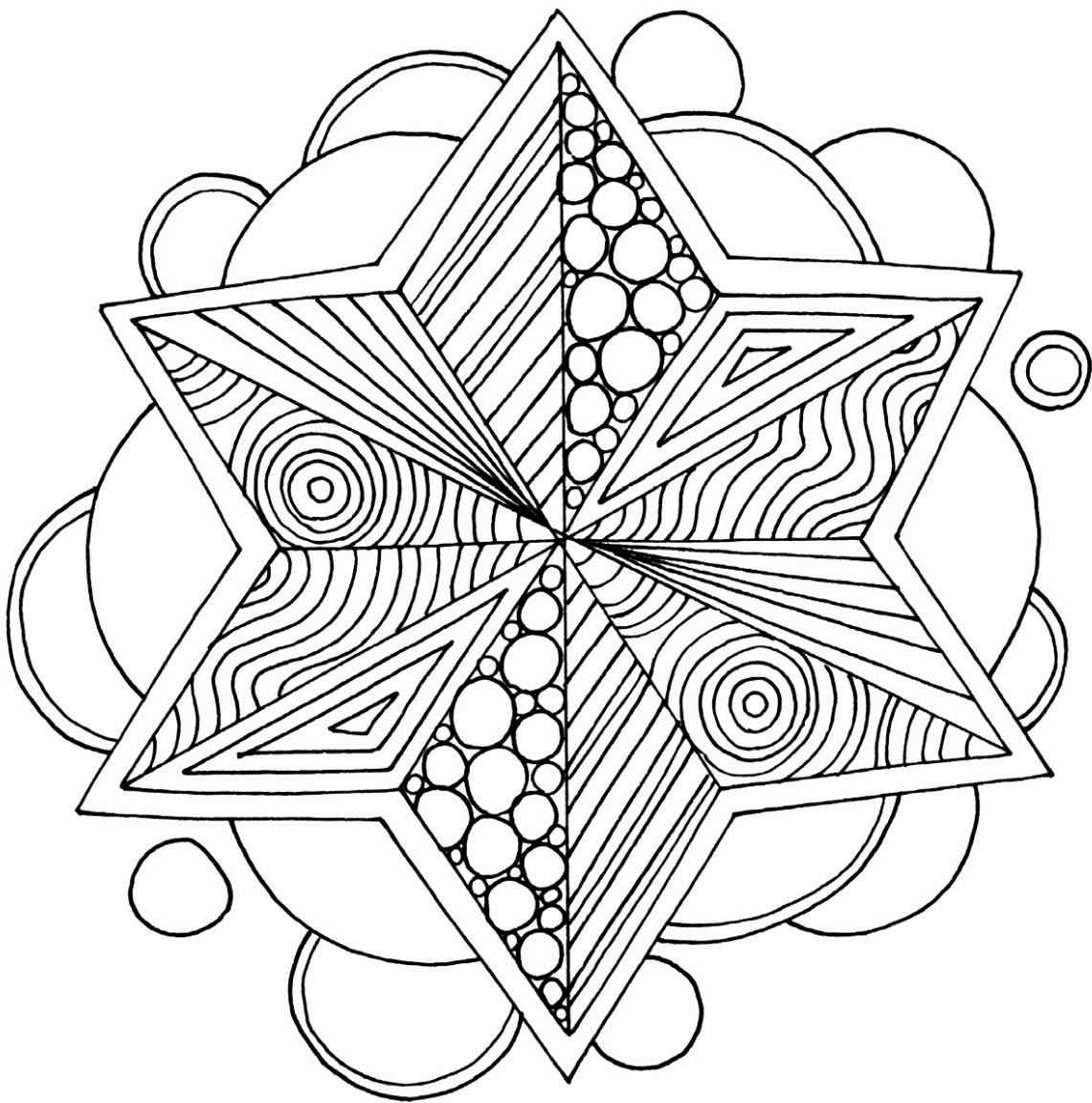
Share the link to these colouring pages with a friend and colour together while you chat over a video call. A great way to relax and connect.

Colouring with a child is also a great way to spend time together. Remember: It's about the process - not the end result.

“Sunset is still my
favorite color, and
rainbow is second.”

~Mattie Stepanek

Thank you to Chanya Hughes and Maureen McElhinney who generously contributed their art to this project.



Artist: Chanya Hughes

Colourist: _____

READ

Read to yourself

Read a good fiction book – even just 20 minutes of reading fiction has been shown to boost your mood. The 2020 Scotiabank Giller Prize shortlist could be a good place to start:

- Ridgerunner by Gil Adamson
- Here the Dark by David Bergen
- Polar Vortex by Shani Mootoo
- The Glass Hotel by Emily St. John Mandel
- How to Pronounce Knife by Souvankham Thammavongsa

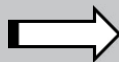
Read with a child

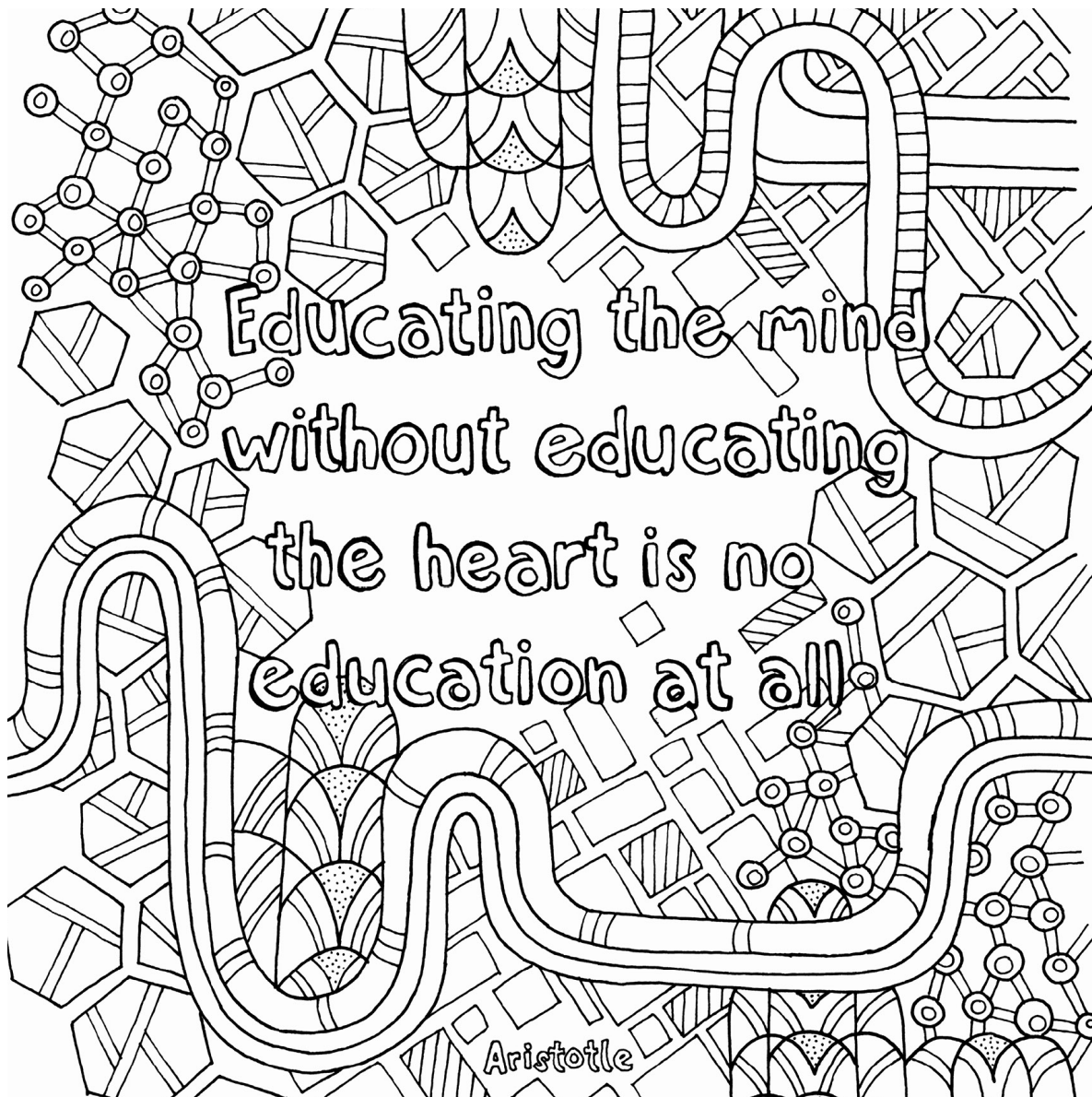
Reading with a child has many benefits – for both of you. Check out our Pathways to Success information sheets for tips to make reading fun and interactive for all ages: www.providencechildren.com/resources

Here are some tips to encourage language development:

- Talk about the pictures. Ask questions. Make it interactive.
- Pause to allow time for the child to respond.
- Repeat: re-read the same books, repeat the same words you are reading, repeat any actions you may include.

Scan to see Pathways
to Success Sheets





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Colourist: _____

WRITE

Write to yourself

Journaling for 20 minutes can also boost your mood.

Never tried it? Start by listing things that made you smile recently, or things you are grateful for. (Writing a TO DO list doesn't count!)

Write to a friend

Revive the lost art of letter writing . . . consider sharing a picture from a photo album that brings back a special memory.

Additional writing pages can be found on our website:
www.providencechildren.com/little-activity-book

“To send a letter is a good way
to go somewhere without moving
anything but your heart.”

~Phyllis Theroux



Mental Health Support

Alberta Health Services Resources

- Healthy Together – www.ahs.ca/healthytogether

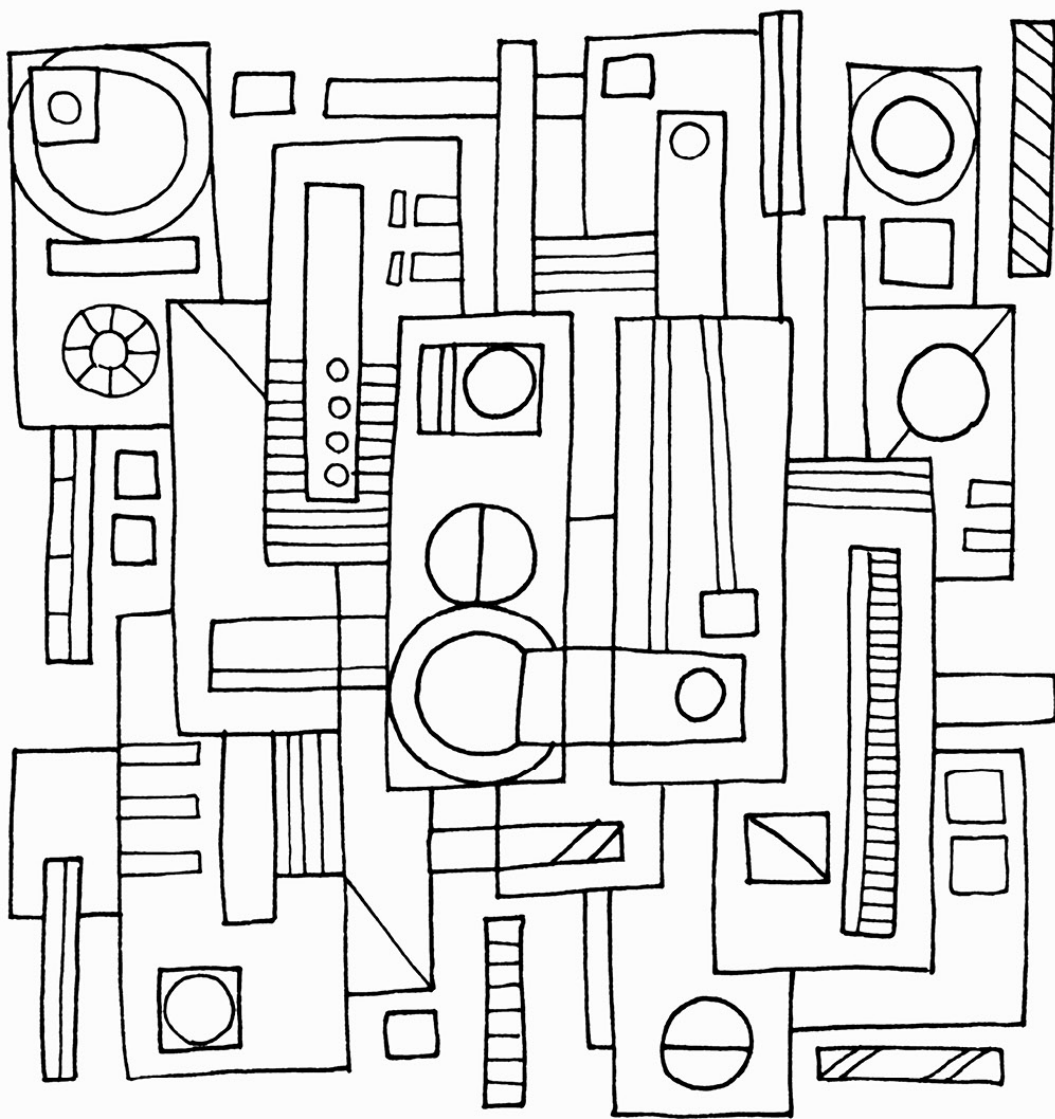
A guide to family and home life during COVID-19. Find information about how families can be healthy, active and safe in these changing times.

- Text4Hope - text COVID19HOPE to 393939

Free daily text messaging services. This is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.

Community Resources

- Community Resources – Call 2-1-1 for free, confidential, 24-hr live-answer referral to programs and resources. or visit ab.211.ca
- Crisis Text Line - Text CONNECT to 741741
- Mental Health Line 1-877-303-2642
- Distress Centre 24HR Crisis Line 403-266-HELP (4357)



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