



Riley Kid Recognition Week! February 8-14th 2021
Celebrating the strength of kids coping with addiction in their families.

What's up friends?!

We think kids from homes with addiction issues are rad, resilient, and worth a whole week of celebrating! So we are declaring the week that includes Valentine's day as Riley Kid Recognition Week!!!

During Recognition Week...

Riley Kid Art Show: We've sent the kids on our mailing list some paint and canvases to make a work of art for us to display online (Website/Facebook/Instagram) during Recognition Week and beyond. If you aren't on our mailing list you can make a piece of art using any materials you have on hand!

For those of you who would like to join Lauren for an online art meetup Saturday February 6th at 10:00 am, we will send your caregiver the info on how to join!

Themes for our art show can include...

- Things that make you happy.
- Things that you have overcome.
- Your strengths, talents, abilities.
- Ways you cope with challenges.
- Things you love about yourself.
- Your dreams, aspirations, goals.
- What makes you a good friend.
- Your own theme!

We can't wait to see your cool creations. We've included some other activities and info sheets for you as part of the Recognition Week festivities.

I hope you always remember that you are awesome exactly as you are!

Your friend,

Lauren Rencher





Self Care Scavenger Hunt

I deserve to take good care of myself!

<p>Eat a healthy snack</p> <p>_____</p>	<p>Memorize the Seven Cs</p>	<p>Fill out the "Recognizing My Feelings" worksheet</p>	<p>Do something fun on purpose</p>	<p>Make someone laugh</p>
<p>Play outside for 30 minutes</p>	<p>Do something you enjoy</p> <p>_____</p>	<p>Try something new</p> <p>_____</p>	<p>Write down 10 things you are grateful for</p>	<p>Practice 2 coping skills</p> <p>_____</p> <p>_____</p>
<p>Listen to a song you love (Maybe even dance to it)</p>	<p>Tell/talk to someone I trust when I'm feeling down</p>	<p>My Choice of self care activity</p> <p>_____</p>	<p>Fill out the Feelings Log worksheet.</p>	<p>Get 15 minutes of fresh air and sunshine</p>
<p>Name a person you feel safe around</p> <p>_____</p>	<p>Fill out the Giving Myself Compliments sheet.</p>	<p>Write down 10 things you like about yourself</p>	<p><i>Write a friend a letter and mail it to them</i></p>	<p>List one person you admire and why you look up to them</p> <p>_____</p>
<p>Practice balancing on one leg for 15 seconds (each side) *for a super challenge, close your eyes</p>	<p>Find 2 ways to be kind to yourself</p> <p>_____</p> <p>_____</p>	<p>Practice deep breathing for 1 minute (5-10 minutes for older kids)</p>	<p>Do something kind for someone</p> <p>_____</p>	<p>Name 2 people you could ask for help from if you needed it</p> <p>_____</p> <p>_____</p>

Send proof you got 5 in a row (up/down/across/diagonal) and get a prize.

Send proof you got ALL 25 squares done and get a cooler prize.

To prove your participation have your parent or caregiver email/text a picture of your sheet/s to Lauren. Email lauren@rileyutah.org, text (619) 787-3718.



Recognizing My Feelings

Taking care of yourself includes paying attention to the different feelings you have, considering why you were having that particular feeling, and how different emotions feel in your body.



The last time I felt happy was....

Why I think I was happy is because..

I would describe the way my body feels when I'm happy as..

The last time I felt mad was...

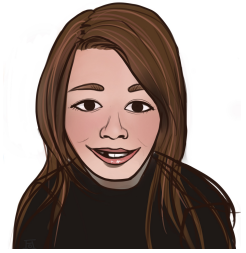
Did feeling mad come after an event where you felt (mark any that apply)...

Embarrassed	<input type="checkbox"/>
Stupid	<input type="checkbox"/>
Disappointed	<input type="checkbox"/>
Cheated	<input type="checkbox"/>
Powerless	<input type="checkbox"/>
Left out	<input type="checkbox"/>
Confused	<input type="checkbox"/>

The way I would describe how anger feels in my body is...



There is no such thing as a bad feeling. Some feelings are just more uncomfortable than others. All feelings are important because they are trying to tell us when we need more self care.



The last time I felt sad was...

The way I would describe how sad feels in my body is..

The last time I felt worried was....

How worried feels in my body is..

The last time I was scared was..

The way scared feels in my body is..

Write a self care practice next to each feeling that you think would help the next time you had each emotion.

Mad

Sad

Worried

Scared



Daily Feelings Log

Track your feelings for 7 days and see what you learn about yourself.

Day 1: One feeling I felt today was:

What was happening when I felt it:

I would rate this feelings strength as (1 = extremely comfortable 10 = extremely uncomfortable).

1 2 3 4 5 6 7 8 9 10

Where I felt this feeling in my body is:

Day 2: One feeling I felt today was:

What was happening when I felt it:

I would rate this feelings strength as (1 = extremely comfortable 10 = extremely uncomfortable).

1 2 3 4 5 6 7 8 9 10

Where I felt this feeling in my body is:

Day 3: One feeling I felt today was:

What was happening when I felt it:

I would rate this feelings strength as (1 = extremely comfortable 10 = extremely uncomfortable).

1 2 3 4 5 6 7 8 9 10

Where I felt this feeling in my body is:

Day 4: One feeling I felt today was:

What was happening when I felt it:

I would rate this feelings strength as (1 = extremely comfortable 10 = extremely uncomfortable).

1 2 3 4 5 6 7 8 9 10

Where I felt this feeling in my body is:

Day 5: One feeling I felt today was:

What was happening when I felt it:

I would rate this feelings strength as (1 = extremely comfortable 10 = extremely uncomfortable).

1 2 3 4 5 6 7 8 9 10

Where I felt this feeling in my body is:

Day 6: One feeling I felt today was:

What was happening when I felt it:

I would rate this feelings strength as (1 = extremely comfortable 10 = extremely uncomfortable).

1 2 3 4 5 6 7 8 9 10

Where I felt this feeling in my body is:

Day 7: One feeling I felt today was:

What was happening when I felt it:

I would rate this feelings strength as (1 = extremely comfortable 10 = extremely uncomfortable).

1 2 3 4 5 6 7 8 9 10

Where I felt this feeling in my body is:

Riley Kids Are

R I U D M Y J W S N
K E T N S W R O M C
C J S A I T K G A A
F A B I L Q R A R R
C R P R L E U O T I
R O I A A I N E N N
A X O E B V E T B G
D H A L N L E N E J
R X A U M D E X T D
A L X A W E S O M E

resilient

unique

cool

talented

friends

awesome

capable

smart

caring

strong

brave

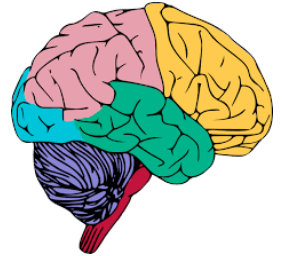
rad



Giving Myself Compliments

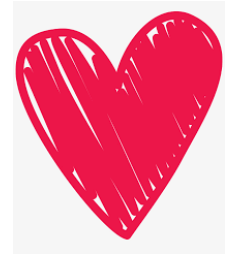
We think you are awesome and so should you! Part of self care is recognizing what makes you a great kid, because that is what you are. A GREAT KID!

One thing I am smart at is:



2 things I can do well are:

3 things I like about my personality are:



I am a good friend because:



One thing people would need to get to know me better to understand about me is: