



SUMMERTIME POSITIVITY

Who doesn't love summer? It's often filled with fun, adventure, sunshine and cheer. Let's see if we can practice things that keep the positivity of summer going throughout the year!

Hello Friend!

I hope this summer you have been able to create some time for adventure and fun! I've been doing a lot of art this summer. I like that there are so many types of art to do and it's pretty easy to do something creative every day. Art is something I do when I'm having a hard day because doing something creative with my hands really helps me take my mind off of my problems. I often feel a lot better after I spend some time by myself making something from my imagination.

Summer can be a lot of fun but it can also feel difficult. You might miss friends from school, struggle with getting bored, or feel lonely from time to time. So I wanted to send this kind reminder that it is important to take good care of yourself. For kids from homes with addiction issues taking care of yourself includes.....

Riley Reminders: Kids need to remember these important things.

Children are never the reason for a parent's addiction.

It's not your job to fix it.

You can't control whether a parent stays "stuck" to drugs or alcohol or gets healthy.

You can be ok: There are a LOT of things you can do to cope and feel better. Here are a few..

Make sure you are taking time to play and have fun. Try to come up with at least 1 person you feel comfortable talking to. (It's helpful to have someone you trust that you can turn to when life feels difficult.) Keep a list of things you enjoy doing. Make a list of things that help you feel better when you are having uncomfortable feelings.



Lauren Rencher

"I am so happy to have you on our Team!"



Activity: Rock Garden



We want to build a cool rock garden with stones decorated by children that come from homes with addiction issues!

We think having kids like you, who have a parent with the illness of addiction, decorate rocks that we can post in a picture gallery on our website and Facebook will be a great way to show other kids that they aren't alone. Will you help us build a colorful rock garden that is fun to look at? We will keep it growing and you can visit the picture gallery anytime you want, especially on days when you are feeling alone. Our rock garden will be a great reminder **year round** that there are other kids just like you out there. You are NEVER alone!

What you need

- A caring adult to help you during this activity.
- A cool rock with a smooth surface.
- Set of acrylic paint pens. (Be careful, they can drip)
- An apron or set of clothes that are ok to get dirty.
- An outside place to decorate your rock like a table with a disposable tablecloth, or newspaper on the grass or sidewalk.
- Last, you'll need an idea for what you would like your rock to look like!

Getting started

Remember, there's no right or wrong way to decorate your rock. We've included some examples but the possibilities are really endless. Let's see your creativity shine! We've included a step by step guide for you.

To submit your rock to our garden:

Have your adult pal take a picture of your rock (you are welcome to be in the pic too). Send the picture to Lauren: email: lauren@rileyutah.org or text (619) 787-3718.

Optional: You can give your rock painting a title or name and a description that tells everyone about your design idea or the story behind your rock if there is one!

Rock Garden Activity



Step 1.

Find an adult you like spending time with and ask them kindly to help you out!

Step 2.

Hunt for a rock that would look better if it had some designs on it. Just make sure it's not someone else's special rock first. It's a good idea to ask your adult pal to help you find the perfect rock. (You can decorate more than one rock too!)



Step 3.

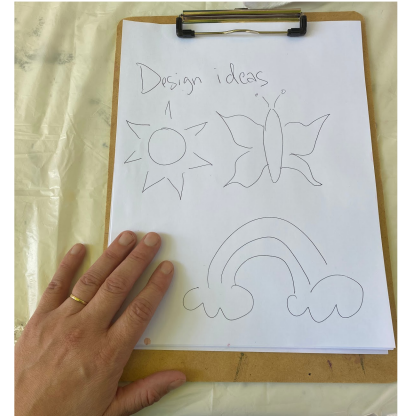
Set up your workstation. The paint pens can drip so we recommend creating outside and putting down a tablecloth to catch any messes. Also, wear something you don't mind getting paint on.



Step 4.

Come up with a design idea! There is no right or wrong way to paint your rock. You can keep things simple or go fancy. You can do a practice drawing or just go for it! Here's what we did.....

- First I got my creative juices flowing by sketching out some different design ideas....
- Then I used a pencil to make a drawing on my rock. Pencil wipes away with water so you can erase parts if you want to redraw anything.
- Then I traced my drawing with the paint pens!



The name of my rock:

There's always a rainbow on the other side of a storm.

I decorated the front and back sides of my rock.

Take a look at our rock garden so far!...



The Avocado. Sometimes I feel like I have a pit in my stomach. There aren't any bad feelings but there are some that are uncomfortable.

By Anna, a Riley Foundation volunteer and caring adult.



*Rainbow. By Marion age 3
Marion loves rainbows. They make her happy.*



Fun & funky.

By Lauren, a mom in recovery from addiction, caring adult, and Riley Team member.



Impk the Ogre.

Impk has a great sense of smell. He is really good at sniffing out 'stinkin' thinkin'. If you are having thoughts that stink, like, "I'm not good at this," or "no one likes me," he makes a horrendous honking sound and won't stop until you correct that 'stinkin' thinkin' with more helpful thoughts like, "even though I can't do this now, I know I can get better," and "I'm a likable kid and make a good friend!"

By Lauren, mom in recovery, caring adult, Riley Team member.

To visit the rock garden go to..

http://www.rileyutah.org/rock_garden.aspx

Or visit our Facebook page and find the rock garden in our photo albums.



"There are so many ways kids can take care of themselves. One thing that is really easy to do is think positive thoughts. Give it a try by answering the questions below!" - Dr. John

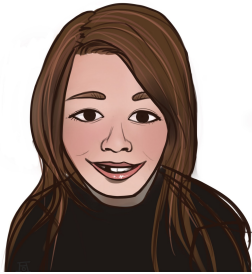
Meet Dr. John: He is a mental health expert who works with kids to help them stay healthy and happy. He always has fun ideas to help kids learn to cope when life gets challenging.



Sama asks: When was the last time you laughed **SUPER** hard?

Jackson asks: Who is the funniest person or character you know? What is your favorite silly thing they have done?

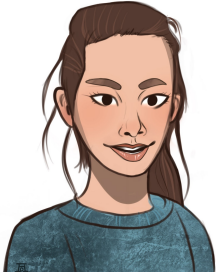




Akaisha asks: Is there a joke that you know that cracks you up **EVERY** time you hear it?

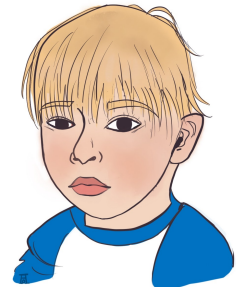
Alexia asks: Do you have a favorite happy memory? What is it?





Tearsa asks: Do you have a favorite outfit to wear? Can you describe it below? How do you feel when you wear it?

Caleb asks: Do you have a favorite childhood toy? What made it your MOST favorite?



Micah asks: Do you have a favorite place? A place that feels safe and comfortable to you (real or pretend)? Describe that place below..



Lily asks: Do you have a favorite meal? Describe it below. What does it look like (colorful, messy, fancy, simple, mysterious)? What does it smell like (savory, sweet, spicy)? What does it feel like (warm, cold, crunchy, smooth)? Why is it SO good?



Lauren asks: Can you come up with a 'helpful thought' question?

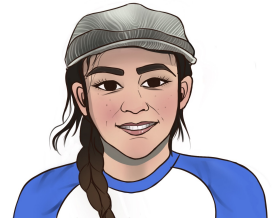


SOOOOOOOOO... HOW DO YOU FEEL AFTER ANSWERING THESE POSITIVE THOUGHTS QUESTIONS?



"Thinking positive thoughts about ourselves is a helpful thing to practice. Give it a try below!"

Meet Lauren: She is part of the Riley Foundation Team. She cares a lot about kids like you because she's in recovery from addiction and is the mom to 2 girls. She knows that it's hard on kids to grow up around addiction and likes teaching kids different ways to be ok!



Being Nice To ME!

Have you ever had a day where you were stuck in 'stinkin' thinkin'? It doesn't feel very good to have those kinds of thoughts running through your head all day. It can also feel really difficult to get unstuck from 'stinkin' thinkin' once it starts. But with practice you can learn how to kick that 'stinkin' thinkin' out! So let's get those good thoughts rolling.....

What is something that makes you a good friend?

What is 1 thing that you like about yourself?

What are 2 things that you are good at?



What is 1 thing you can do that not everyone else knows how?

I am good at playing....

A problem I fixed on my own is..

Something that makes me a good sister/brother is..

What is 1 thing another person has said they like about you?

Sometimes it's hard to think of nice things to say about ourselves, especially when we are stuck in stinkin' thinkin' so here are a few things you can practice saying to yourself....

I've got good vibes

I've got mad skills...ohhhh yayah!!!

Yea, I like to be awesome on the regular!

I guess you could say I'm kind of a big deal!

I can do hard things like it's no biggie.

I believe in ME!