



Spring is About Growth & New Beginnings!

Every kid is already amazing. Just like a garden, when they get the care they need, they grow to be spectacular!

Hello Friends!

We love 🍀 springtime 🐝 . The flowers 🌸 and trees 🌳 are in bloom, little baby animals 🐣 🐰 🐱 🐹 🐶 are born into the world, and most days are long and sunny ☀️ . Just like life however, *springtime isn't all sunbeams 🌈 and roses 🌹* . **There are bound to be gloomy days ☁️, rainy days 🌧️, and scary, stormy days ⚡ too.**

For plants to grow **big** and **strong** they need the sun ☀️, wind 🌿 AND rain 🌧️ . The wind encourages plants to grow strong 🏆 roots and the rain nourishes them and keeps them hydrated 💧 during dry spells. Kids are the same way too! The challenges you experience help you build a skill called **resilience** 💪 😎 . It means being able to cope and manage when life gets tough 😞 😓 😔 😭 😡 .

Remember when things do get murky, it's just "helping your garden grow 🥕 🌻 🐞 ☀️" so to speak. And on the other side of the storm there often comes a **rainbow** with the **sun** 🌈 ☀️ .



Hope you are making time to just be kids and have fun! I'm proud of you.

Lauren Rencher



SPRING WORD SEARCH

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

Can you find the following words?

BLOOM

BREEZE

GREEN

HATCH

PLANT

PUDDLE

RAIN

RAINBOW

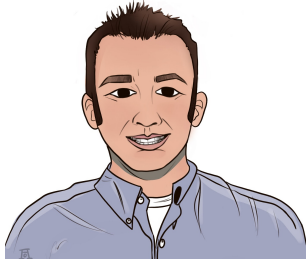
SEED

SPROUT

SUN

WARM

WATER



NOW LET'S PLAY 5, 4, 3, 2, 1! . . .

Dr. John says, "The 5,4,3,2,1 game can be used as a **coping skill** (coping means managing an uncomfortable feeling, situation or life challenge)? It's really easy to do. Let's practice!"

What are **5** things in a garden you can see?

What are **4** things in a garden you can feel?

What are **3** things in a garden you can hear?

What are **2** things in a garden you can smell?

What is **1** thing in a garden you can taste?

Now, any time you feel like you need to slow down 🐌 and calm down 😊 try following the 5,4,3,2,1 steps!

To Slow Down and Calm Down

Remember 5 4 3 2 1

NAME _____

5 things you can see 👁️ 🔍 🕶️ 🧑

4 things you can touch 🖐️ 🐼 🐱 📖

3 things you can hear 💡 🎵 🎧 🎸

2 things you can smell 🌸 🍷 🐛 🍕

1 thing you can taste 🍦 🍒 🍪 🍏



Making Sure Your Garden Grows



There are lots of ways for kids to take care of themselves. When you make sure that you are taking good care of yourself, you are helping your body stay healthy and happy! It also helps you cope when life gets challenging.




Can you find 3 examples of taking care of yourself for each category (some may fit in more than one category)?

Physical

Sleep

Nutrition

Emotional

 <p>Eating dinner as a family instead of in front of the tv</p>	 <p>Being safe and avoiding injury</p>	 <p>Waking up at a regular time each day</p>	 <p>Talking to a caring adult</p>
 <p>Having a regular bedtime</p>	 <p>Keeping treats as a "sometimes" food</p>	 <p>Eating fruits and veggies every day</p>	 <p>Playing an active game like basketball</p>
 <p>Having interesting hobbies</p>	 <p>Petting an animal (real or imaginary)</p>	 <p>Taking a short nap on certain days (like busy days or emotional days)</p>	 <p>Being safe and avoiding illness</p>



Activity Idea: Build a Birdhouse!

Any caring adult can let a COA know they care by doing this activity with the COA in their life as a fun bonding activity. Or, if you are practicing social distancing you can drop off a "birdhouse kit" as a super fun surprise.

What you'll need:

- 🌱 A blank birdhouse. (We purchased ours from Amazon but you can find them in the craft section at many retail stores.)
- 🌱 Items or supplies to decorate with. (Taking a walk together to find stuff for your birdhouse can be a pretty fun adventure.)

Therapeutic Focus: ^{1,2,3,4}

- 🐝 **Having fun.** Focus on having a good experience with each other.
- 🐝 **Letting the child lead the way.** Allow for them to really take charge of the design elements of the birdhouse. As the caring adult, you are there to help their vision come to life! This includes allowing them to leave the birdhouse as is if they'd prefer not to decorate it.
- 🐝 **Validate their choices.** Show excitement about their creativity. Discuss their ideas with them and help them problems solve any challenges that come up.
- 🐝 **Show overt interest in them.** As you work together vocalize that you are having fun and are enjoying spending time with them. Describe why they are so fun to be around.
- 🐝 **Be patient.** During the activity some kids may experience some BIG emotions. Help them navigate any uncomfortable feelings that might come up during crafts like frustration, anger, disappointment in a healthy way.

Tips for handling emotional dysregulation:

- **Model healthy coping:** "You know, when I feel _____ I stop and take some deep breaths. That often helps me feel better."
- **Let them know you are there to help:** "I can see that you are upset, how can I help?"
- **Distract:** "Maybe we can take a break from this right now and come back to it when we are feeling better? I bet we would feel better after a snack."
- **Focus on "To Dos":**

Instead of.....

Don't throw that

Use.....

Let's be careful with the art supplies so they don't get broken..



¹ "Helping Children Affected by Parental Substance Abuse"

<https://www.amazon.com/Helping-Children-Affected-Parental-Substance-Abuse/dp/1849057605>. Accessed 1 Jun. 2020.

² "Family Rules: Don't Talk, Don't Trust, Don't Feel - Dr. Claudia"

<https://elunanetwork.org/resources/family-rules-dont-talk-dont-trust-dont-feel-dr-claudia-black/>. Accessed 1 Jun. 2020.

³ "Kit for Parents - Nacoa." <https://nacoa.org/resource/kit-for-parents/>. Accessed 1 Jun. 2020.

⁴ "Kit for Kids - Nacoa." <https://nacoa.org/resource/kit-for-kids-2019/>. Accessed 1 Jun. 2020.