

Were All In This Together!

MOBILE

Family Resource Center

May 2020

Mon	Tue	Wed	Thu	Fri	Sat
				1 	2
4 Create Your Own Pipe Cleaner Finger Puppets! 	5  Tell Each Other Your Favorite Family Story	6 Nutrition Tidbits Tips for Ordering Takeout or Delivery	7 Read A Story With Miss Sarah! Facebook Post 10:30a.m.	8  Grab your chalk! Lets be Creative!	9 Fatherhood Connection with Reggie Cox Call (585)353-5125
11 Children's Mental Health Month Activities! 	12 Read A Story With Miss Sarah! Facebook Post 2:30p.m.	13 Nutrition Tidbits 3 Ingredient Smoothie: 1cup fruit yogurt, 1 cup milk, half banana smashed Blend or shake in a cup	14 BALLOON breathing  1. Think of your belly as a balloon. 2. Put your hand on your belly to feel it rise and fall. 3. Take a deep breath in through your nose to fill your balloon. 4. Hold your breath for 2 seconds. 5. Breathe out through your mouth, slowly to deflate your balloon. 6. Repeat balloon breathing 5 times. *Follow your own breathing rhythm.	15 Sesame Street Dance Party!  Click on Pic!	16 Fatherhood Connection with Reggie Cox Call (585)353-5125
18  Stay tuned for the ingredients on the Mobile FRC Facebook Page!	19 Unicorn Yoga *5 fun unicorn yoga poses for kids*  1. Shine like the SUN . 2. Pretend to be a UNICORN . 3. Flutter like a BUTTERFLY . 4. Blossom like a FLOWER . 5. Create a RAINBOW .	20 Golden, Juicy Chicken Breast on the Stove	21 Today was good. Today was fun. Tomorrow is another one. -- Dr. Seuss	22 Read A Story With Miss Sarah! Facebook Post 10:30a.m.	23 Fatherhood Connection with Reggie Cox Call (585)353-5125
25  MEMORIAL DAY	26 	27 Read A Story With Miss. Sarah! Facebook Post 2:30p.m.	28  SPY	29  Grab Your Favorite Book And Read It To Your Teddy Bear!	30 Fatherhood Connection with Reggie Cox Call (585)353-5125

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Self-Care & Mental Health for Kids

-  Share your own feelings to **encourage** self-awareness.
-  Find social groups that help them feel like they **belong**.
-  Set aside time for **low-stress** or solo activities.
-  Practice **self-care** for yourself to set the standard.
-  Focus on **articulating feelings**.
-  Encourage **journaling** and diaries.
-  Encourage your child to focus on the **moment**.
-  Establish **self-care** routine.
-  Recognize **toxic stress** events.
-  Blessing/Manifesting
-  Cultivate interests and **hobbies**.

Be gentle with yourself.

Your Doing the BEST you can!

