

21 Days of Hope

We're all in this
Together

For youth
8 to 16 years old
with parents or
caregivers

**21 Days to
learn something new,
help other people, and do
something kind for yourself.**

Use this guide to give you some inspiration to stay connected through daily questions and activities with your family!



If you need help, Kids Help Phone is always there for you. No matter what you want to talk about, they're there to listen. No judgment, totally private, 24/7.

Visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca),
call 1-800-668-6868 or
text CONNECT to 686868.

Using Social Media to Connect



What are some ways you could use social media to connect with others?



Did you know?

You can help family members and friends by spending time with them, from a distance or virtually, and listening carefully.

Most people feel better when they are connected to others who care about them.



Reach out to 5 of your friends through texting, social media and/or a phone call to check in and see how they are doing!

Shine your brightest light and be who you truly are.



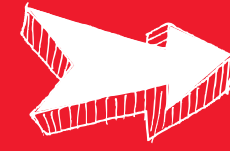
Get helpful links and more tips for social media here.



Sharing Positive Messages



What is the most positive message or action you have heard about on social media?



Pass along the positive!

When you share a positive message, you can make someone's day.

Positivity is catching: when you do something positive for someone else, the next person wants to pass it along!

Record a video or take a photo and caption it with a positive message to share with family and friends!



Get helpful links and more tips for social media here.



Responding to Harmful Messaging



What is the best response you have seen someone give to harmful messages or comments online?



4 steps to stop cyberbullying

STOP: Don't try to reason with or talk to someone who is cyberbullying you.

BLOCK: Block the person from contacting you again.

TALK: Tell a trusted adult, inform your school, use a help line and/or report it to police.

SAVE: Save or screen shot any harmful messages.



Follow these cyber safety tips:

- Use an online nickname instead of your real identity.
- Don't accept friend invites from strangers.
- Don't share personal info with anyone you don't know.
- Change passwords regularly and don't share them.
- Use privacy settings on social media apps.

You are **KIND**,
you are **SMART**,
you are **IMPORTANT**.



Get helpful links and more tips for social media here.



Ways to Stay Connected

People around the world are doing things to be there for each other. In Italy, people are singing from their apartments.



What are some things you could do to help people feel less lonely in your community?



What to say

*You've got this!
You're strong!*

*I'm here if you want to talk.
Tell me a good thing that happened today.*

Staying connected is part of what makes us strong when we feel lonely.

Find a piece of paper or cardboard and draw a happy picture or write “Hi 😊”.
Tape this on your window or on your front door.

We are all connected.



Get helpful links and more tips on how to cope here.



Reaching Out



*What could you do
to help people get
things that they
need?*

Some people in our communities don't have many people they can ask for help.



With your parent's or caregiver's permission, call into local radio and ask if anyone needs anything dropped off, or post on Facebook asking if anyone who is alone needs anything.

Check on Elders/single parents by calling or messaging. Ask if they need anything to be dropped off.



Go outside and collect rocks that you can decorate with colourful and positive words and then put them on people's doorsteps to make them smile.

There's no such thing as the light at the end of the tunnel. You must realize that you are the light.



Get helpful links and more tips on how to cope here.

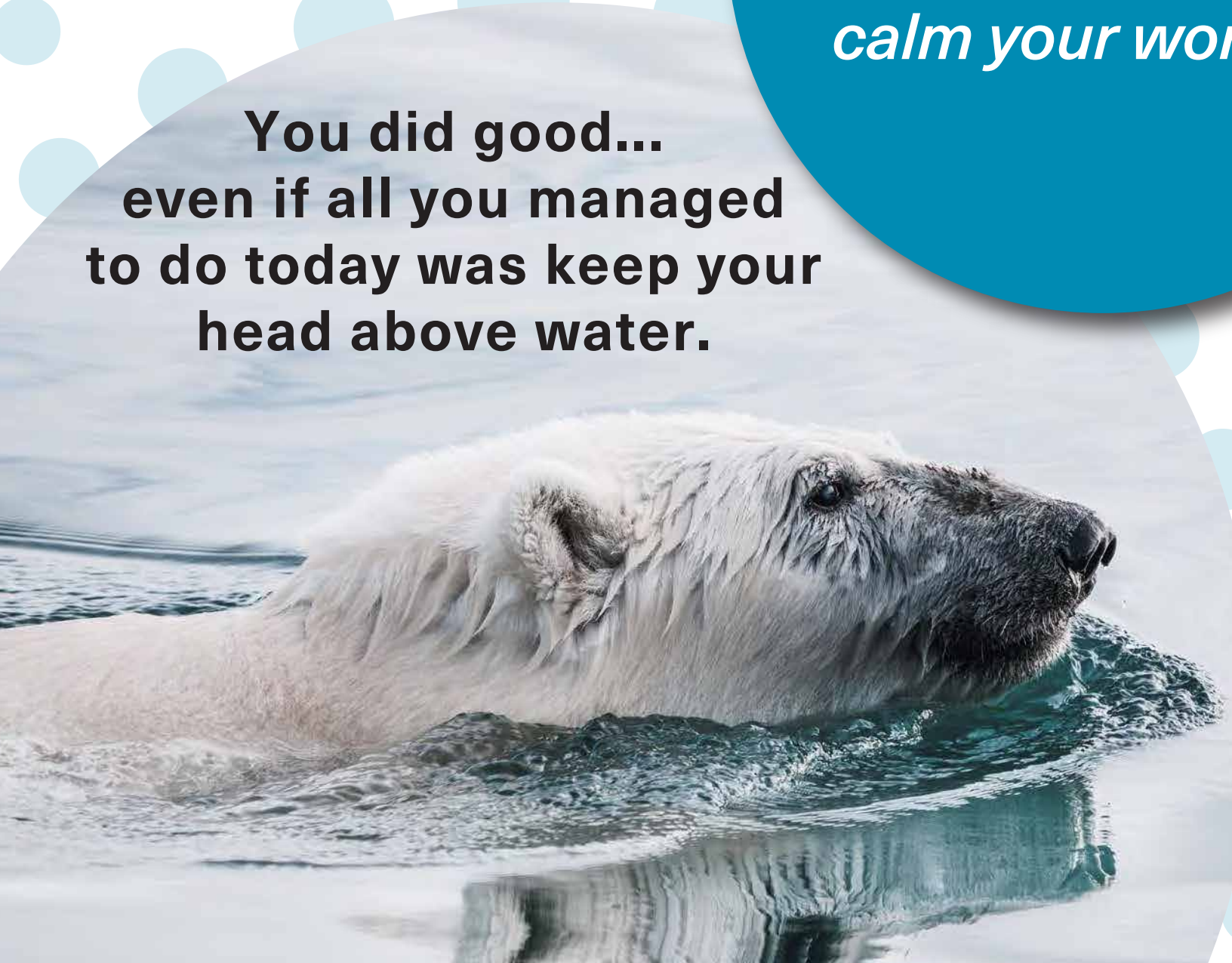


Calm Your Fears



*What are things you
could do to help
calm your worries?*

**You did good...
even if all you managed
to do today was keep your
head above water.**



**It is normal to feel worried, scared or
anxious when you hear news about
COVID-19.**



**Take breaks from social
media and watching or
listening to the news.**

**Change the topic and talk
about funny stories from
the past.**



**Ask an Elder, parent or caregiver if they
have any traditional stories or songs they
can share with you to help you not feel
worried.**



**Make a playlist of songs that make you
smile, happy or want to dance.**



**Get helpful links and more tips
on how to cope here.**



Try Something Different

Whatever's good for
your soul... do that.



*What are some
things you could do
instead of drinking or
using drugs?*

Stress from different things, like COVID-19, can make people want to drink or use drugs to try and feel better.



If you or someone you know is using alcohol or drugs and needs support, talk to someone you trust or call a helpline.

Practice culture and traditions to help keep you strong.



Every time someone feels like drinking or doing drugs, try doing something fun, like playing card games.

Card game ideas:

Crazy 8's

Go Fish

Kings in the Corner

500



Get helpful links and more tips on how to cope here.



When You Are Worried About A Friend

When people hurt themselves on purpose it is called “self-harm.”
Sometimes when people are stressed, they might try and hurt themselves.



If you are self-harming, or if you know someone who is, who can you talk to for help?



If you are self-harming, or if you know someone who is, there are people who can help.

Youth can reach out to adults they can count on and trust.

Some examples are caregivers, such as parents, grandparents, foster parents, aunts, uncles and Elders.



Write or draw your key safety people and resources on a piece of paper and post it where you can see it every day.

**When you can't look on the bright side,
I will sit with you in the dark.**



Get helpful links and more tips on how to cope here.



Look, Listen, Link and Live



You may want to reach out to a person you trust when you are feeling stressed, worried or sad, or if you need advice.



Who can you talk to when you are having a difficult time?



If you see a friend or family member going through a hard time you can use this method to refer them to get help. You can also use it for yourself.

When you notice that you are going through hard times, do not be afraid to reach out and ask for help.



Look at this Look, Listen, Link, Live document. Use your finger to draw a line connecting the word(s) that would match with Look, Listen, Link or Live.

I'm not interested in whether you've stood with the great. I'm interested in whether you've sat with the broken.



Get helpful links and more tips on staying safe and asking for support here.



Create a Safety Plan



It is important to have a plan for when there is an emergency, or when things just aren't going well.



Who are some people or organizations you can contact if you need help?




Kids Help Phone

Save their 24/7 hotline in your cellphone:

1-800-668-6868

Text **CONNECT** to 686868

Visit KidsHelpPhone.ca

Fill out this Safety Plan  by writing your key safety people and resources in the blank spaces.



Get helpful links and more tips on staying safe and asking for support here.

Tough situations build strong people. Strong people have a plan.



Managing the Emotional Roller Coaster



Things like the COVID-19 pandemic can cause people to feel many different emotions.



What can you do if you feel like your emotions are out of control?

If you are feeling angry or sad:

STOP: take a few deep breaths

THINK: about what you want in the situation

FEEL: say how you are feeling
“I feel angry” or “I feel really sad”

ACT: if you feel out of control, walk away or go outside to calm down



Find a quiet space in your house or outside in nature.

Take a deep breath in while counting to 5. Hold it for 1 second and slowly let it go. Do this 3 times in a row.

When you feel really angry, sad or hopeless, try breathing like this to help make you feel calm.



Get helpful links and more tips on managing your emotions here.

Sometimes you try so hard to take care of everyone else that you forget to take care of yourself.



Relieve Stress



What can you do to move your body this week?



Moving our bodies can help make us feel less stressed.

To keep our minds healthy, we need to keep our bodies healthy too by moving them. This helps protect us from feeling too stressed out.



Pick a way to move your body once a day.

- **Go for a walk**
- **Dance**
- **Ride a bike**
- **Invent a game!**

Get moving!



Get helpful links and more tips on managing your emotions here.



Stick to Routines



Youth (and adults!) need structure.

Get the whole family involved. Parents and children can help each other create a schedule for their days.

What to include:

- Playtime
- Reading
- Exercise
- Meals
- Staying in touch virtually



What are some of the things that are important for you to do every day?



- **Get up, eat and go to bed at regular times.**
- **Be creative about new things to try.**
- **Make plans together.**
- **Accept and ask for help.**



Get helpful links and more tips on managing your emotions here.

You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you choose.

-Dr. Seuss



Love from a Distance: Sexting



If you are separated from your partner during the COVID-19 pandemic, what are some things you can do to stay connected?



If you decide it is something you want to do, make sure to read about sexting basics and how to stay safe.



Play Pic'd, a decision game about sexting where you're in control of where the story goes and what happens next.



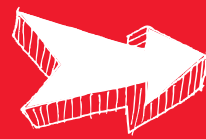
If life was easy, where would all the adventure be?



Get helpful links and more tips on healthy relationships here.



Where to Go for Help in Unhealthy Situations



If you are in an unhealthy relationship or if you are not feeling safe you can reach out to these resources for help:



If you don't feel safe in your current relationship who can you turn to for help?



[KidsHelpPhone.ca](https://www.kidshelpphone.ca)

1-800-668-6868

Text CONNECT to 686868

Find help on
[EndingViolenceCanada.org](https://www.endingviolencecanada.org)

Draw a map of your community and write down or circle where you can go for help if you are in an unhealthy situation.

Hope is being able to see that there is light despite all the darkness.



Get helpful links and more tips on healthy relationships here.



Ways to Maintain Healthy Relationships

One smile can start a friendship.
One word can end a fight.
One look can save a relationship.
One individual can change your life.



What are some things that friends can do together from a distance?



You may not be able to visit or play with your friend, but instead you could make a list of your favourite things to do together and see if you can do any of them virtually!



- Draw pictures for each other
- Talk on the phone
- Sing songs over the phone
- Write letters and drop them in the mailbox or on the porch
- Take pictures of what they are doing to keep busy at home and share them with each other via social media, email or text message



Get helpful links and more tips on healthy relationships here.



Stop the Hurt



*What can you do if
you hear or see
someone bullying
another person?*

Sometimes stress can lead people to hurt others by using bullying behavior.



Everyone has the right to feel safe. If you or someone you know is experiencing bullying, talk to someone you trust: a friend, a teacher, a parent/caregiver, or an Elder. Adults can help to stop bullying. You don't have to deal with this alone!

Hang out with friends who support you. You matter!



Make a list of things you can say to take a stand if you see someone bullying another person. For example:

“Hey, that’s not okay!”

Please stop bullying.



Get helpful links and more tips on healthy relationships here.



Staying Positive



What are some ways that you could stay positive with your friends and family?



It is important to maintain a positive outlook during stressful times.

Gratitude is very powerful. Being grateful helps with our physical health, it improves our mental health and self-esteem, and even helps us sleep better.

Think about the things you are most thankful for and write them on a gratitude board or in your journal.



Make a list of the Top 10 things you are most grateful for.

Share your list with your friends and see if you have any of the same things in common!

Start each day with a grateful heart.



Get helpful links and more tips on healthy relationships here.



Get the Right Information



Check out the sources of information you can trust and share them with your family and friends!



How can you make sure that the info you are reading or hearing is true?



World Health Organization

Government of Canada

Public Health Agency of Canada

Canadian Red Cross

Centres for Disease Control and Prevention

There are many different sources of information to refer to during a crisis.

It is important to know where the information is coming from, and if the person or organization is trustworthy and reliable.



Get helpful links and more tips on how to stay informed here.

Knowledge is power.



Stop the Spread



Gossip and rumors can spread quickly when a crisis such as the COVID-19 pandemic happens.



How can you stop gossip and rumors from spreading?

Think about some of the most extreme rumors that you have heard about the COVID-19 virus.

Do some research to prove that those rumors are wrong, using trusted sources of information.



Gossip dies when it hits a wise person's ears.



Actions to stop gossip:

- **Don't share it**
- **Don't add to it**
- **Don't comment**
- **Tell an adult**



Get helpful links and more tips on how to stay informed here.



Talking to Kids



It can be hard to talk to little kids about scary things.



What would be the best time to have a conversation about COVID-19 with little kids?

Take some time to talk to kids about COVID-19. Invite them to tell you anything they may have heard and how they feel about it.

Encourage them to ask questions and focus on answering their questions clearly and honestly.



Tips for talking to kids:

- Be calm and reassuring
- Stick to the facts
- Focus on actions you can take: washing hands, physical distancing and staying home if you are unwell

A person's a person, no matter how small.

-Dr. Seuss



Get helpful links and more tips on how to stay informed here.

