



Family Mental Health Activities

STRUCTURE WITH WIGGLE ROOM

What you need:

A white board or paper to organize your schedule.
Your creative brain!

Goals of activity:

To build in structure and stability to the day to create feelings of:

Control

Safety

Predictability

Creating lists can be helpful with kids and adults to notice all the things that we still **DO** have control over and ability to do:

1. Things that kids can do independently (colouring, drawing, etc.).
2. Things that we can do together as a family/team.
3. Things that you need to get done that will feel good (making breakfast, doing laundry, video calling friends/family/colleague, etc.).
4. Daily physical activity (indoors or outdoors)

Build your schedule:

Creating even a simple daily schedule is a powerful way of letting yourself and the kids in your life feel like there is some sense of order and control in the day.

Include things like:

- regular wake-up and bedtime
- cooking/eating meals
- a form of exercise
- a form of social engagement (video chatting, etc.)
- fun/enjoyable connecting/creative activity (either in real life or virtually)

For more resources visit www.creativeartstherapy.ca

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