

# January Virtual Choice Board

## January Choice Board:

This month's choice board will focus on some mindfulness, goal setting and winter activities.

 <p><b>GoNoodle</b></p> <p><b>Try a Movement or Mindfulness Video</b></p> <p>Go Noodle offers a range of breathing videos, mindfulness activities and fun dance and movement videos you can try with your mentee! <a href="#">GoNoodle   Home</a></p>	 <p><b>Create a Habit Tracker</b></p> <p>A habit tracker is a visual tool that let's you record what you did or didn't do to achieve a certain goal. You and your mentee can each create your own habit tracker based on what you want to record- ex. Drinking enough water daily, reading daily, getting fresh air, going to bed on time, etc... Any sheet of paper or journal you already have can be used. Habit trackers can be as simple as just drawing a chart or grid, or can turn into an art project such as colouring in a template each day based on what you have done. Click <a href="#">here</a> to learn how to make one as well as some free templates.</p>	 <p><b>Future Self Letter Activity &amp; Goal Setting</b></p> <p>Have your Mentee write a letter to their future self when they are your age, or even for them to open in Dec 2022. See pg. 37 in handout in email for details.</p> <p>Try some of these goal setting activities:</p> <ul style="list-style-type: none"> <li>-Explore <b>What is Goal Setting and the "WOOP"</b> and then create a goal for this month. Click <a href="#">here</a> for more information and check our page 43 in the handout in your email.</li> <li>-<b>3 STARS and 1 Wish</b> (write 3 things they are good at and 1 thing they want to work on)</li> <li>-<b>Create an "I will" list</b> by listing things you will do more and less of this year</li> </ul> <p>Click <a href="#">here</a> for more details on the above two activities.</p> <p><i>*Important to let your mentee know that their identity is not defined by the goals they set</i></p>
 <p><b>Vision Boards</b></p>	 <p><b>Valentine for Vets</b></p> <p>If your mentee's family is able to mail something, this could be a great activity to do with your mentee by making Valentine Cards for Veterans!</p>	 <p><b>Make Mindfulness Glitter Bottles/Jars</b></p> <p>Materials:</p>

Materials needed:

- Bristol board or large sheet of paper
- Magazines/flyers
- Glue stick, Scissors

A vision board use pictures and words to represent goals and aspirations. You can create your own vision boards together over zoom by cutting out images and words which represent your dreams and goals for this year. Glue these on your board to create a collage, and then share them with each other.

*\*\*This can even be done digitally by finding images online and copying and pasting into a plain document to be saved on their computer or using a site like Canva.*

Every year, Veterans Affairs Canada (VAC) encourages Canadian schools, individuals and organizations to show their appreciation for Canadian Veterans by making *Valentines for Vets*.

**Mail your hand-made valentines by February 1 to Valentines for Vets, Veterans Affairs Canada, Commemoration, Distribution Unit, 125 Maple Hills Avenue, Charlottetown, PE C1C 0B6**

Click [here](#) for more details.

- Any empty bottle or jar
- Water
- Glitter
- Clear Glue (optional)
- Glue Gun (optional)

Fill a bottle with water and then add glitter inside. If using clear glue, fill the bottle  $\frac{3}{4}$  way with water and  $\frac{1}{4}$  with glue and then add the glitter. The glue helps the glitter take a longer time to settle. If possible, glue the lid on using a glue gun. Share that they can use their glitter jar whenever they feel overwhelmed or stressed by shaking the bottle and then watching the little pieces of glitter slowly fall to the bottom.



### Easy Snow Ice Cream Recipe

Who knew a science experiment could be so easy and delicious. Next time there is a big snowfall let your mentee know that during your upcoming virtual visit you will be trying this yummy experiment and let them (and parent/guardian) know the basic ingredients you will need.

[Snow Ice Cream Recipe - Little Bins for Little Hands](#)



### Memory Matching Online Puzzle

Doing a puzzle is also a form of mindfulness! Click [here](#) to try a memory game matching online puzzle!



### Word of the Year

Creating a Word of the Year is a great way to connect your mentee to a new year in a quick, simple and fun way. You and your mentee can discuss creating a word of the year that relates to what you want more of in your life and aligns with your vision (similar to the vision board and goal setting activity). The word can be decorated after and hung up somewhere you will see it every day.

## Conversation Prompts:

Use the following questions during your weekly sessions with your mentee. You can choose which questions fit best with your mentee's age and development.

1. What was your favourite memory of 2021?
2. What was your favourite show you watched last year?
3. What are you looking forward to this year?
4. What is something you want to work on this year?
5. Is there something you want to learn this year?
6. What is a family tradition you have?

## Hockey Jokes

Q: Why couldn't the hockey player listen to music?

A: Because he broke a record.

Q: Why are scrambled eggs like a losing hockey team?

A: Because they've both been beaten.

Q: Where is the best place to shop for hockey shirts?

A: New Jersey.

Q: Why is the hockey rink hot after the game?

A: Because all the fans have left.

Q: Why do NHL players never sweat?

A: They have too many fans.

