

Back To School



BACK-TO-SCHOOL

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Let's take a break!

Family Time

At the end of a long day of studies, what is better than quality time with your family. Whether it's a game or just spending time talking about your day, it's important to build strong bonds and healthy relationships.

On the next page, we have created a Reflection cube that you can use at the end of the day.

Carefully cut around the dotted lines or tape to assemble the cube.

At the end of the day, spend 30 seconds talking about your day with your family members.

When you catch the cube, read the side you catch.

You can use the cube with your family and learn about how your family members are doing.

Have fun with it!



Sleep Routines

Do you know what happens when you sleep? Your brain is still active. As we sleep, our brains pass through five stages of sleep.

Well, that is true but there is a lot more going on with your body and your mind. You actually experience five different stages of sleep.

You probably don't notice it, but while you're asleep, your brain is still active. As we sleep, our brains pass through five stages of sleep.

All of the stages together, stages 1, 2, 3, 4, and REM (rapid eye movement) sleep make up a sleep cycle. One complete sleep cycle lasts about 90 to 100 minutes.

So during an average night's sleep, a person will experience about four or five cycles of sleep.

Stages 1 and 2 are periods of light sleep from which a person can wake up easily. During these stages, eye movements slow down and eventually stop, heart and breathing rates slow down, and body temperature decreases.

Stages 3 and 4 are deep sleep stages. It's more difficult to awaken someone during these stages, and when awakened, a person will often feel groggy and confused for a few minutes. Stages 3 and 4 are the most refreshing of the sleep stages — it is this type of sleep that we crave when we are very tired.

The final stage of the sleep cycle is known as REM sleep because of the rapid eye movements that occur during this stage. During REM sleep, other physical changes take place — breathing becomes rapid, the heart beats faster, and the limb muscles don't move. This is the stage of sleep when a person has the most vivid dreams.

Why is sleep important?

- You need sleep to:
- pay attention and learn in school
 - improve athletic performance
 - grow and develop normally
 - be healthy

Lost sleep can lead to:

- poor grades
- health problems
- trouble fighting infections
- emotional problems, like depression

Am I getting enough sleep?

- Even if you think you're getting enough sleep, you might not be. You may need more sleep if you:
- have a hard time waking up in the morning
 - have trouble concentrating
 - are falling asleep during classes
 - feel irritable, moody, sad, or depressed

How much sleep do I need?

- Children 6 to 12 years - 9 to 12 hours of sleep every 24 hours.
- Teens 13 to 18 years - 8 to 10 hours of sleep every 24 hours.

Try using the Sleep Log on the next page to track how much sleep you get each night

Screen Time Log

Fill out the number of hours in 15-minute increments that you spend with each device. Add the total hours to calculate your weekly screen time. (Do not count hours you use the devices for homework)

W	0	15	30	45	60	75	90	105	120	135	150
M	0	15	30	45	60	75	90	105	120	135	150
T	0	15	30	45	60	75	90	105	120	135	150
W	0	15	30	45	60	75	90	105	120	135	150
Th	0	15	30	45	60	75	90	105	120	135	150
F	0	15	30	45	60	75	90	105	120	135	150
S	0	15	30	45	60	75	90	105	120	135	150
S	0	15	30	45	60	75	90	105	120	135	150

Monthly - Reflection

Use this planning sheet to reflect on your activities and accomplishments for the month.

Easy After-School Snacks

No Bake Peanut Butter Cheerio Squares

Ingredients:

- 1/4 cup butter
- 1/2 cup peanut butter
- 3 1/2 cups mini marshmallows
- 4 cups cheerios

- Directions:
1. Prepare an 8x8 pan by greasing it lightly with butter and set aside.
 2. In a bowl, measure out 4 cups of cheerios and set aside.
 3. In a saucepan over low/medium heat, melt the butter, peanut butter and mini marshmallows together. Stir continuously.
 4. Once everything has melted, pour the peanut butter mixture over the cheerios and mix well.
 5. Press the mixture into a greased 8 x 8 inch pan.
 6. Let cool at least 30 minutes before cutting.

Pizza Toast

- Ingredients:
- 1 slice of bread
 - 1/2 cup of mini pepperonis
 - 1 tablespoon of parsley

- Directions:
1. Preheat oven to 350° and line a medium baking sheet with parchment paper.
 2. Prepare a baking sheet and spread with pizza mozzarella and mini pepperonis and place in oven to bake for 10 minutes.
 3. Remove from oven and place in a bowl. Add the melted and pepperoni is slightly crisped. Add the parsley and serve.

Programming Packet National Guard Child and Youth Program



Welcome to September!

We are excited that you requested the Back-To-School packet!

The National Guard Child and Youth Program Coordinators thought this would be a good time to provide some pretty awesome tools and activities to help you while you are returning to school.

We understand that school looks different this year for many students. We also wanted to provide you with tips and tricks to help you learn how to set goals, get motivated, use a daily tracker, and so much more. But, don't worry, we also included some really fun recipes and activities for you, too.

We hope you have enjoyed your summer!

We hope you enjoy the packet and we would be excited to see some photos of you working on the projects. We hope to see you soon!

Child and Youth Program Coordinators

BACK-TO-SCHOOL



What's Inside

Section One -- Setting Goals

Section Two -- Daily Routine

Section Three -- Sleep Routines

Section Four -- Mindfulness

Section Five -- Self Awareness

Section Six -- Screentime

Section Seven -- Breaktime

Section Eight -- Monthly Reflection

Section Nine -- Check It Off



Setting Goals

It's All Up To You

Setting goals is one of the first steps to being successful in all aspects of life. Whether you are setting personal goals or professional goals it is more than just thinking about them or writing them down. This section will help you learn how to set goals and make them a reality. This is a skill that you can use throughout your life.

Before you begin, think of two goals you would like to work on:

1. _____

2. _____



It's All Up To Me Setting Goals

We all have ideas or dreams we would like to accomplish. What if we took it a step further and turned our ideas and dreams into actual goals. According to author and business owner Harvey Mackay, "a goal is a dream with a plan and deadline." A goal is also something you personally want, you value and you are willing to work for regardless if it takes days, weeks, months, years or a lifetime to accomplish. You may be thinking "I've never had any goals, or "I have goals but never seem to fulfill them or "I don't know how to set them." The good news is there is always room to learn something new.

Here are two suggested ways which can help you set goals for yourself.

First, is to create a vision board.

A vision board is a collection of pictures, words, quotes and objects connected to the goal you would like to achieve.

It allows you to "see" and focus on what's really important to you and encourage action.

Materials:

- A poster or cork board or a sheet of heavy paper. (paper can be as large as you need it)
- Magazines and other printed materials you can cut out.
- Scissors, glue or tape.
- Any additional items you desire to place on your board.



Sample Vision Board

Directions

- Collect and cut out pictures. You can also cut out people or things that represent what is important to you.
- Look for words, quotes or captions that express characteristics you aim to have. Words such as intelligent, curious, brave, kind, resilient, fair, fun, sense of humor, etc.
- Before you began to glue or tape, make sure everything you have collected truly speaks for your goals.
- Arrange your pictures, words, quotes, etc. on your board and glue or tape them. Get creative; the only person that needs to be pleased is you.
- Place your vision board where you can see it when you wake up and before you go to sleep. If you have a phone, another option would be to take a screenshot so you can view it as often as needed.

5 Reasons To Create A Vision Board

1. Vision boards make you think about what you really want.
2. Vision boards help you get unstuck.
3. Vision boards provide you with a daily visual reminder of your dreams and goals.
4. Vision boards will get you all fired up emotionally.
5. Vision boards are fun.



The SMART Tool

You may be saying the vision board is cool, but I am more productive when I write things down. Another suggested way to set goals is through the use of the SMART acronym which stands for Savvy, Measurable, Active, Reachable and Timed. It is highly recommended each step is included to make your goal more achievable. Below are the SMART step descriptions to help you write out your goal:

- S** - is for Savvy - Your goal should be easy to understand, personal to you, positive and line up with what you believe in.
- M** - is for Measurable - Your goal should explain clearly what you want to achieve. Be as specific as possible.
- A** - is for Active - Write exactly what you will do to achieve this goal. Use actions words such as play, work, study, practice, talk, read, etc. Using these words will make your actions visible.
- R** - is for Reachable - Ask yourself if your goal is realistic. It's recommended to set goals that will get you out of your comfort zone.
- T** - is for timed - Come up with a clearly stated deadline when you would like to achieve your goal.

Here are a few examples goals using the SMART tool:

- To improve my vocabulary, I will study the definition of 2 new words each week for a year.
- I will review my math notes an extra 30 minutes, 3 times a week so I can get a good grade on the next test.
- I will practice my jump shot an extra 45 minutes, 3 times a week so I can gain more playing time this upcoming season.
- At least 2 times per month, I will research and practice new food recipes so I can contribute to this year's holiday meal.

Now it's your turn. Don't worry if it takes some time getting use to the SMART tool. The more you practice, the easier it will be to use.

TAKE TIME TO REFLECT

Are my goals positive?

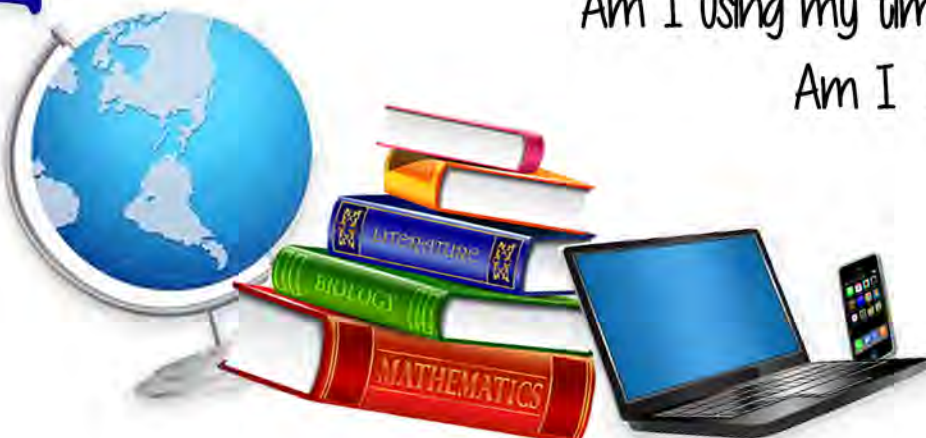
Are my goals possible?

Are my goals measurable?

Are my goals reachable?

Am I using my time wisely?

Am I being realistic?



Self - Reflection



Use this planning sheet to quickly visualize your goals, inspirations and intentions for the day.

Pick a topic

*Family
Friends*

*School
Money*

*Health
Fun*

I'm proud that I

I'm worried that I

*I still want to achieve
Goal*

Action

I will remind myself that

How I feel today



My Daily Chart



Being organized will increase the amount of things you can accomplish. Learning to organize your day will help you throughout your life. The next section includes an organizational chart to help you learn to organize your day and help you increase the amount of things that you can get done every day. Have your parents help you cut out the activities to help arrange your daily chart and help you stay organized!

Before you begin, think of 3 things that you want to do everyday.

1. _____
2. _____
3. _____



My Daily Chart



Learning organizational skills can start before we can learn how to read. We have created a daily chart that will help you keep your day organized. Use the chart below and the cards on the next page to plan your day or week.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

--	--	--	--	--

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My Daily Chart

Cut out each of the squares and use them to organize your daily chart.

Homework	Bike Riding	TV Time	Music Practice	Craft Time
Cooking	Movie Time	Chores	Gardening	Nap Time
Reading Time	Sports Practice	Writing or Journaling	Board Games	Pet Care
Art	Family Time	Video Games	Bath Time	History
Science	Math	Brain Break!	Make My Bed	Brush My Teeth
Dance Lessons	Help with Yard Work	Spend Time With Dad	Spend Time With Mom	Spend Time With Siblings



Myself:



My imperfections
are what makes
me perfect



What I Need To Do Today:

What I Need From Today:

Self-Care:

Sleep Routines

Do you know how much sleep you require? Do you know why sleep is important and what your body and brain are doing while you are sleeping? This section will help you learn how and why sleep is so important. We have included a sleep log so you can track your sleep. Use the log to understand if you are getting enough sleep and what you can do to help you sleep better. Try it for a couple of weeks. You might be surprised at the results.

Before you begin, do you think that you are getting enough sleep? Why or why not?



Sleep Routines

Do you know what happens when you sleep? You get comfortable, pull your favorite blanket close to you, close your eyes and just wake up in the morning, right?

Well, that is true but there is a lot more going on with your body and your mind. You actually experience five different stages of sleep.

You probably don't notice it, but while you're asleep, your brain is still active. As we sleep, our brains pass through five stages of sleep.

All of the stages together, stages 1, 2, 3, 4, and REM (rapid eye movement) sleep make up a sleep cycle. One complete sleep cycle lasts about 90 to 100 minutes.

So during an average night's sleep, a person will experience about four or five cycles of sleep.

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The final stage of the sleep cycle is known as REM sleep because of the rapid eye movements that occur during this stage. During REM sleep, other physical changes take place – breathing becomes rapid, the heart beats faster, and the limb muscles don't move. This is the stage of sleep when a person has the most vivid dreams.



Why is sleep important?

You need sleep to:

- pay attention and learn in school
- improve athletic performance
- grow and develop normally
- be healthy

Lost sleep can lead to:

- poor grades
- health problems
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Am I getting enough sleep?

Even if you think you're getting enough sleep, you might not be. You may need more sleep if you:

- have a hard time waking up in the morning
- have trouble concentrating
- are falling asleep during classes
- feel irritable, moody, sad, or depressed

How much sleep do I need?

- Children 6 to 12 years - 9 to 12 hours of sleep every 24 hours.
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Try using the Sleep Log on the next page to track how much sleep you get each night

Sleep Routines



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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Today, I exercised for ____ minutes							
Today, I:							
Had a drink with caffeine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did not eat enough or did not eat healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ate too much food or too much junk food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, I:							
Felt sleepy in the afternoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Was tired all day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had lots of energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yesterday, I took a nap:							
True	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
False	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Last night, I went to bed at:							
Last night, I fell asleep at:							
I woke up this morning at:							
Last night, I slept this many hours:							

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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False	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Last night, I went to bed at:							
Last night, I fell asleep at:							
I woke up this morning at:							
Last night, I slept this many hours:							

We added an extra Sleep Log you can use for yourself or share with a family member or friend.

WHAT IS MINDFULNESS?

Do you know the definition of mindfulness? When you are working on a task, how many other things are you thinking about? Sometimes, we try to work on things but our minds are too full of other things that might be going on that we are not paying full attention to the task at hand. Being mindful is a skill that takes time and practice to develop. This section is designed to help you learn how to be mindful and how to use mindfulness to help you stay on task. Try the activity and test your knowledge of mindfulness. Afterwards, try using what you have learned. Did it help you? Did the activity help you learn to be present and enjoy the moment?

Before you begin, write down what you think mindfulness means.



WHAT IS MINDFULNESS?

Mindfulness means paying full attention to something. It means taking your time to really notice what you're doing.

Mindfulness happens naturally sometimes. Let's say you're getting ready to take a foul shot in basketball. You carefully position your feet at the line. You look up at the hoop and feel the ball in your hands. Taking your time, you bounce the ball a couple of times. You tune out all the other sounds and take your shot. Swoosh — yes! That's mindfulness in action.

WHY DO PEOPLE NEED MINDFULNESS?

Mindfulness helps to:

Be more patient	Pay better attention	Avoid getting upset too easily	Gain self-control
Slow down	Get along better	Feel happier	Stay calm under stress
Learn more	Enjoy things more	Be less distracted	Get tasks finished
			Listen better

HOW DOES MINDFULNESS WORK?

Training the mind takes practice. The more you practice mindfulness skills, the better you get at being mindful.

If you practice mindfulness skills, being mindful begins to come naturally when you need it in your everyday life. This can help you feel calmer when you are stressed or more focused when you have to do something difficult or complicated.

When you practice mindfulness skills, you are training your attention span. Practicing mindfulness can improve attention for just about everybody — including anyone who may have trouble paying attention.

HOW DO I GET STARTED?

Mindfulness skills are easy to practice and just take a few minutes a day. Here are the basic steps:

- 1 Sit in a relaxed, comfortable position. Pick something to focus your attention on, like a word you repeat in your head or your breathing.

- 2 Let's say you decide to focus on your breathing. Breathe normally while you simply pay attention to your breath. If you want, you can close your eyes. As you breathe in and out, just notice each breath. Pay attention in an easy way — on purpose, but not forced.

- 3 Notice when your mind wanders away from paying attention to your breath. Maybe you start thinking about what's for lunch, or whether you remembered to bring your soccer gear, or that funny joke someone told after math class. That is your mind wandering and getting distracted. It's natural, minds do that all the time!

- 4 Whenever you notice your attention has wandered, gently guide your attention back to your breathing again. That's how you train your attention.

- 5 Keep breathing, keep relaxing, keep paying easy attention to your breathing. Keep bringing your attention back to the breathing every time your mind wanders. Try to do this for 5 minutes.

Learn to be present and enjoy the moment



TRY THESE MINDFULNESS ACTIVITIES



MINDFUL EATING

You can do this with an orange, an apple, or even something as small as a raisin.

Let's say you decide to do mindful eating with an orange. Your job is to eat the orange slowly, without rushing. Mindful eating means really paying attention to what you're eating. You can do this mindful eating exercise with your eyes open or closed. Fill in your observations on the lines provided.

Start by holding your orange. Roll it in your hand. Notice how it feels. _____

Hold the orange near your nose. Take a whiff of the bittersweet smell of the orange peel. What does it smell like? _____

If you have your eyes open, notice how the orange looks. Pay attention to whether the skin is smooth or bumpy. If you hold it firmly, is it squishy? _____

Slowly peel your orange, paying attention to how it feels in your fingers. Notice the juiciness, and whether the inside of the orange smells different from the outside. _____

Is your mouth watering? Go ahead and taste your orange. Notice how it feels on your tongue and against your teeth. Notice the flavor, the texture, and the juiciness as you chew each piece slowly. Take your time as you chew, taste, smell, and feel each bite of your orange. _____

MINDFUL WORD

Think of a word that seems calm or soothing. This could be a word like "peace" or "love" or "peaceful" or "snowflake" or "sunlight" or "hum" or "calm."

Think of a word to yourself. Say it silently and slowly in your mind. Say your word to yourself with each breath you take, in and out. Keep your attention gently focused on your word. _____

When your mind wanders, guide your attention back to your word, and keep saying it gently and slowly while you relax and breathe. _____

Can you do this for a whole minute? _____

Can you do it for 5 minutes? _____

Did You Know?

When you practice mindfulness, you will notice that you feel calm and relaxed. If you keep practicing, you might start to notice that it's easier to focus your attention on things like schoolwork or listening. You may begin to feel calmer and more patient in your everyday life. You may find that when little things go wrong, you can handle them better.

Self-Awareness

Why is self-awareness important? When we have a better understanding of ourselves, we can build on our strengths and work on the areas that we want to strengthen. Having self-awareness also gives us the ability to understand that everyone is different and that is okay. In this section you can outline your personal strengths and gain a better understanding of areas you want to improve on.

Before you begin, write down the areas you feel are your strong points. After you complete the activity, compare your answers.

Self-Awareness



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Self-awareness means understanding your strengths and challenges and knowing what helps you thrive.

Use this self-awareness worksheet to help you start to gain this important skill.

The worksheet can help boost resilience by learning from setbacks. It can also help you think about how to develop new strategies and tools for solving problems.

I am stronger in these areas:

I struggle with:

My favorite thing about school is:

The most stressful part of my school day is:

I need some help with:

When I need help, I'm comfortable asking in the following ways:

Source: <https://www.understood.org>



Too much screen time?

Have you ever really thought about how much time you stare at a screen? That includes a television, a tablet, a cell phone, or computer. How many hours a day are you spending playing video games? In this section, you will have the opportunity to take a look at your screen time and think about some things that you can do to help decrease the amount of time you spend on your phone, tablet, television, or computer.

Before you begin, write down how many minutes or hours you think you spend staring at a screen.

Don't count the time you are working on homework. After you have completed the logs, compare your finding. How close was your guess?



Too much screen time?



When we spend too much time looking at a TV, computer, tablet, phone, or video game screen, we have less time for other important things, like exercise, learning, socializing, and even sleep. How much screen time do you have every day?

1. In your opinion, can you live without your screen time (phones, tablets, computer, TV, video games)?
Is it possible to cut back on your screen time? _____
2. What do you think is too much screen time? _____
3. Do you have a hard time putting your gadgets and screens away at night? _____
4. Do you think your gadgets interfere with your sleep-time? _____
5. How do family members' screen-time habits rub off on each other? _____
6. Would you be more likely to turn off your TV, computer, and phone if the rest of your family did the same?

Screen time alternatives

These are a few ideas for activities you can do rather than play video games, play on a computer or a cell phone, or watch television. Can you think of a few more?



Play a board game

Read a book



Play outside

Paint rocks

Write a song



Teach your pet a new trick

Design thank you cards

Help with yard work



Do something crafty

Do some chores

Fold laundry

Do a crossword puzzle

Cook dinner with your parents

Bake cookies

Work on a puzzle

Write a poem

Write a short story

Work on a puzzle



Research your family tree

Make a chore chart



Start an exercise routine

Did You Know?

- Kids spend twice as long playing on screens as they do playing outside.
- 3-in-4 kids spend less than 60 minutes playing outside each day.
- 1-in-5 kids don't play outside at all on a typical day.

Screen Time Log



Fill out the number of hours in 15-minute increments that you spend with each device. Add the total hours to calculate your weekly screen time. (Do not count hours you use the devices for homework.)

Week 1	Computer	Mobile Devices	TV	Video Games	Total Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

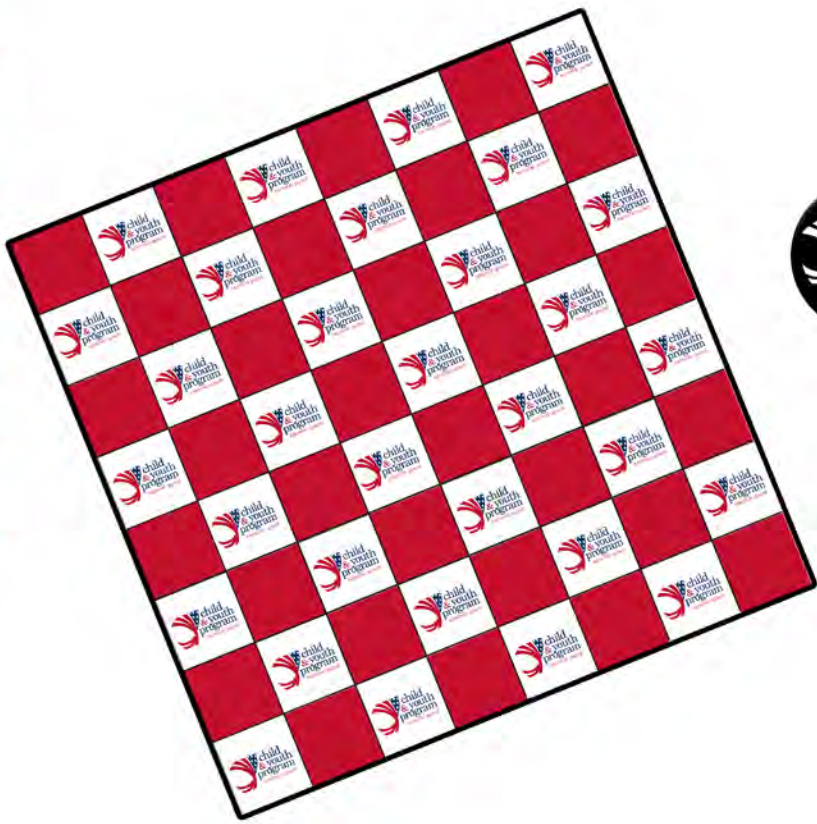
Week 2	Computer	Mobile Devices	TV	Video Games	Total Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are some screen-free alternatives that you can do to help you cut back on your screen time?

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Let's take a break!

We can't be all work and no play! Ready to take a break and do some relaxing? In this section, we have created a special checkers game for you, and we included a couple of easy recipes you can make ahead of time and when you need a snack. Can you imagine how much fun this can be?



Checkers!

To win a game of checkers, you have to move your pieces toward your opponent's side of the board.

You can move faster by jumping your opponent's pieces and removing them from the board.

The concept of checkers is simple, but you can use strategies to improve your chances of winning.

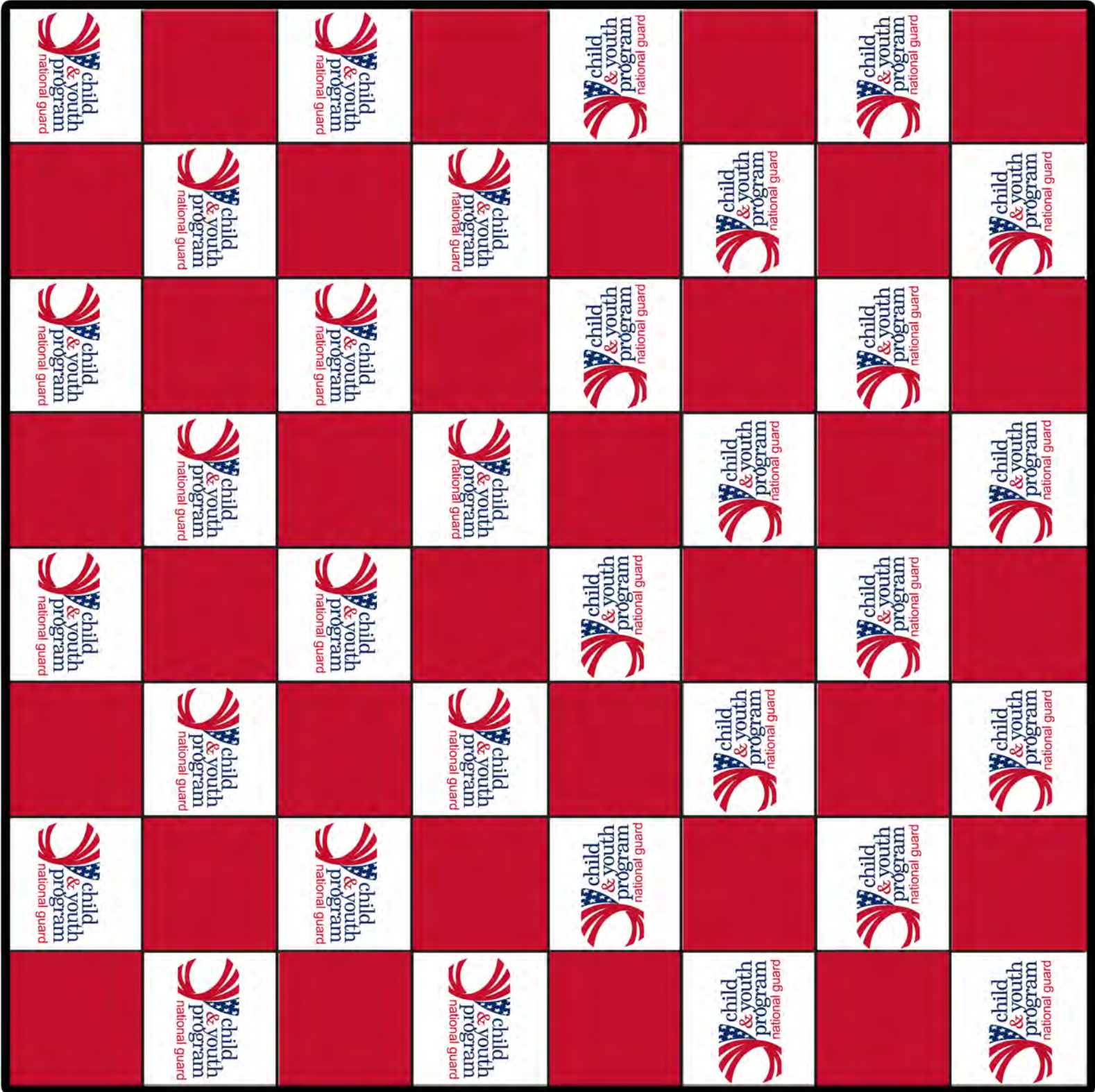
Set up the board

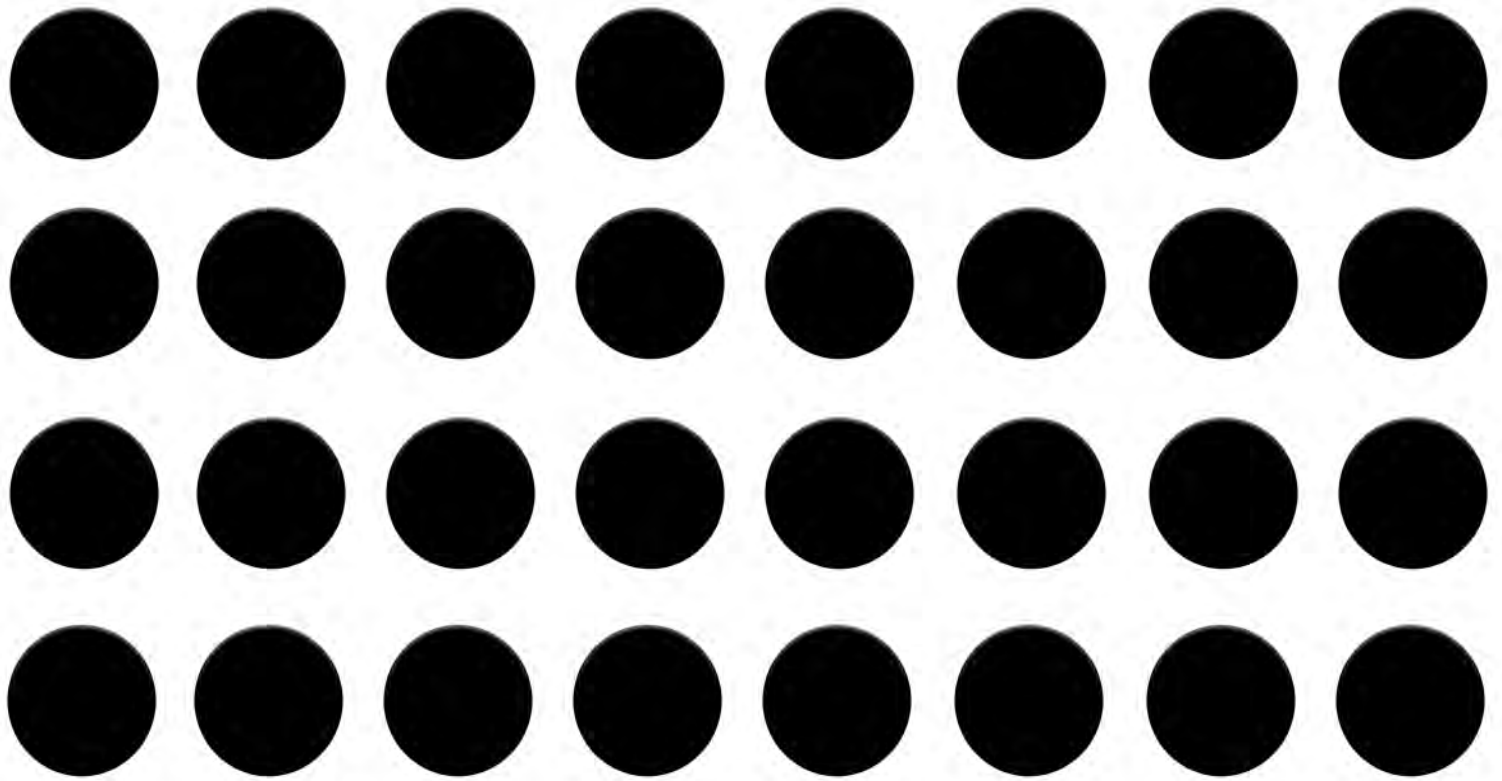
- Here's how to play checkers. Opposing players sit at opposite ends of the table and each has either red pieces or black pieces. The pieces only occupy the red squares.
- Each player has 20 game pieces.

Rules

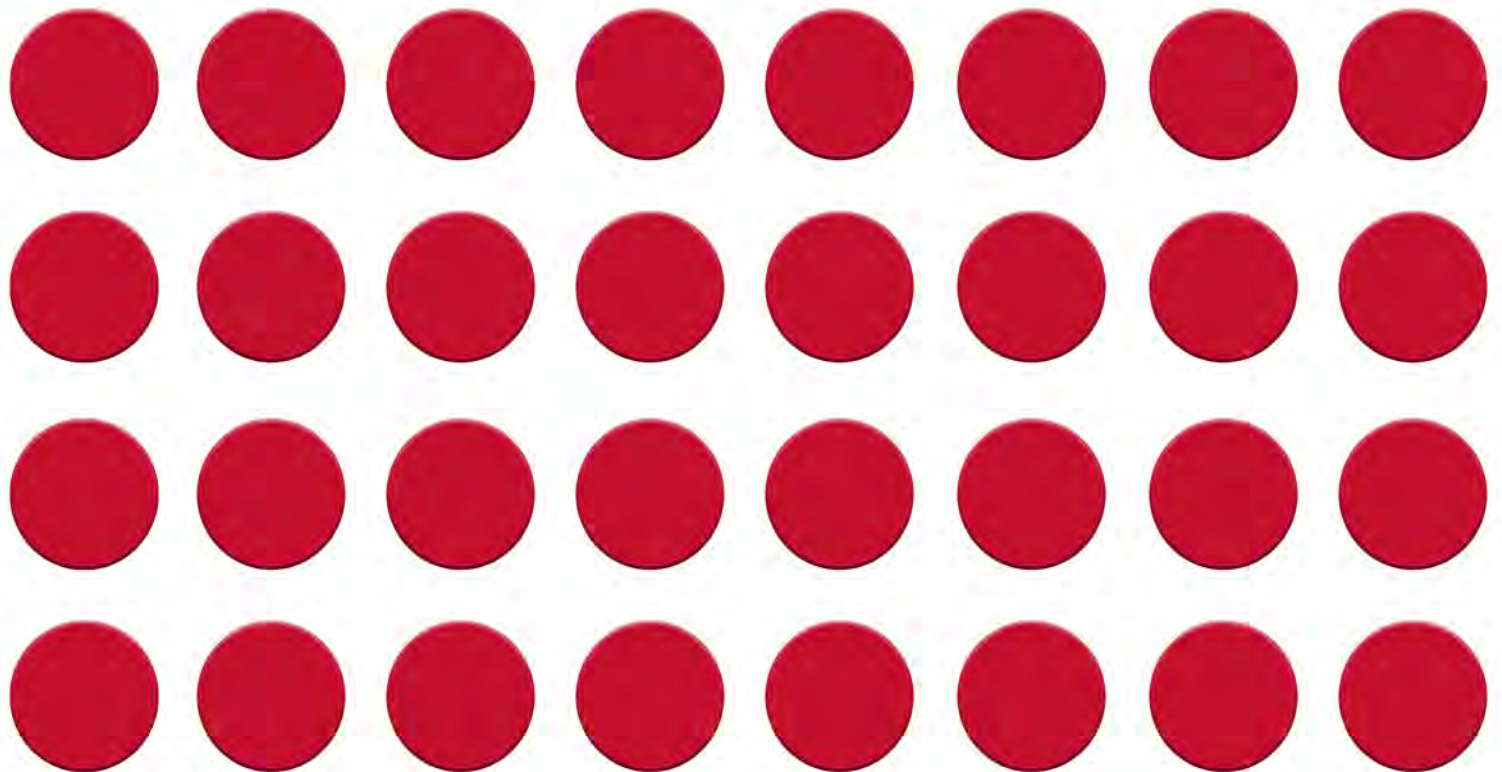
- Two players alternate turns and can only move their own pieces.
- The red squares are the only ones that may be occupied on the board. The white squares are not used.
- Each turn involves moving one piece, which can consist of a piece moving diagonally to a connecting square that is unoccupied, or jumping forward over an occupied red square.
- If a player jumps over their opponent's piece, they can capture the opponent's piece and it is then removed from the game.
- Each piece is initially referred to as a man, but if it reaches the furthest side of the board it becomes a king. When this happens, the player stacks an additional piece on top of the original to signify the change.
- Men may only move forward, but kings can move diagonally forward as well as backward.
- Multiple pieces may be jumped by both men and kings as long as they are moving into red squares that are not unoccupied.

Checkers!





Cut the pieces out for your checkerboard!



Easy After-School Snacks



No-bake

Peanut Butter Cheerio Squares

Ingredients:

- 1/4 cup butter
- 1/2 cup peanut butter
- 3 1/2 cups mini marshmallows
- 4 cups cheerios

Directions:

- Prepare an 8x8 pan by greasing it lightly with butter and set aside.
- In a bowl, measure out 4 cups of cheerios and set aside.
- In a saucepan over low/medium heat, melt the butter, peanut butter and mini marshmallows together. Stir continuously.
- Only want to melt the mixture - don't cook or boil it.
- Once everything has melted, pour the peanut butter mixture over the cheerios and mix well.
- Press the mixture into a greased 8 x 8 inch pan.
- Let cool at least 30 minutes before cutting.

Prep Time: 35 minutes
Total Time: 35 minutes
Yield: 15 to 20 squares

Source: www.aprettylifeinthesuburbs.com

Pizza Toast

Ingredients:

- 6 slices of bread
- 1 cup of pizza sauce
- 2 cups of shredded mozzarella
- 1/2 cup of mini pepperonis
- 1 tablespoon of parsley

Directions:

- 🍕 Preheat oven to 350° and line a medium baking sheet with parchment paper.
- 🍕 Place bread on prepared baking sheet and spread with pizza sauce. Top with mozzarella and mini pepperonis and place in the oven.
- 🍕 Bake until cheese is melted and pepperoni is slightly crisped.
- 🍕 Garnish with parmesan and parsley and serve.



Source: www.thebakermama.com

**** Parental supervision encouraged for younger children ****

BACK-TO-SCHOOL

Family Time

At the end of a long day of studies, what is better than to spend quality time with your family. Whether it's a good game of checkers or just spending time talking about your day, quality family time is important to build strong bonds and healthy relationships.

On the next page, we have created a Family Time Reflection cube that you can use at the end of the day.

Carefully cut around the dotted lines and use glue or tape to assemble the cube.

At the end of the day, spend 30 minutes tossing the cube back and forth between your family members.

When you catch the cube, read the question on the side you catch.

You can use the cube with to talk about your day and learn about how your family member's day.

Have fun with it!



glue or tape



What made you laugh today?

glue or tape



What can you do to make tomorrow better than today?

glue or tape

What did you learn today?



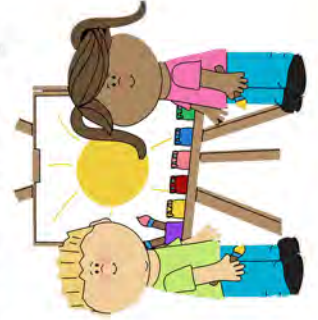
glue or tape



How were you kind today?



What did you work hard on today?



glue or tape

glue or tape

What was your favorite part of the day?



glue or tape

Thank You!

We hope you enjoyed this packet.

We are excited to hear your feedback so we can continue to provide you with programming that is helpful and full of learning tools.

Please feel free to contact us with comments, questions, and ideas.



YOU ROCK!!

Monthly - Reflection



Use this planning sheet to reflect on your activities and accomplishments for the month.

Small Achievements

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Big Achievements

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

One thing I could have done better is

I am proud that

I am proud that



How I feel about my accomplishments

Check it off

___ **Section One -- Setting Goals**

___ **Section Two -- Daily Routine**

___ **Section Three -- Sleep Routines**

___ **Section Four -- Mindfulness**

___ **Section Five -- Self Awareness**

___ **Section Six -- Screentime**

___ **Section Seven -- Breaktime**

___ **Section Eight -- Monthly Reflection**

___ **Section Nine -- Check It Off**