



Resources to Practice Strength at Home

Kenai Peninsula Borough School District

www.KPBSD.org @KPBSD



TABLE OF CONTENTS

LETTER FROM KPBSD SOURCES OF STRENGTH CHAMPS: FROM OUR HOME TO YOURS

SOURCES OF STRENGTH WHEEL AND STRENGTH DESCRIPTIONS

TIPS FOR STRENGTH-BASED CONVERSATIONS AND ACTIVITIES

NINE STRENGTH-BASED CONVERSATIONS AND ACTIVITIES

ADDITIONAL CONVERSATION PROMPTS

ADDITIONAL STRENGTH-BASED ACTIVITIES

EXTRA CREDIT: PRINTABLES AND RESOURCES

TANGLED BALL OF EMOTIONS

STRENGTH CHECK-IN

SELF-CARE CARD

SELF-CARE CHECKLIST

REGULATION RAILROAD

CALMING ACTIVITIES

GROUNDING ACTIVITY AND DESCRIPTION

ENERGIZING ACTIVITIES

GROUNDING WORKSHEET

QUINGO (QUARANTINE BINGO)

CREATE YOUR OWN QUINGO

SOURCES OF STRENGTH BOARD GAME

May 2020

Dear KPBSD Families, Students, and Staff,

Take a deep breath.

It is very important to keep doing this. Breathing in and out. So many things have changed in the Spring of 2020, and transitions are hard.

KPBSD offers you these tools to help you navigate the transitions you are facing. Sources of Strength is a public health program that 14 of our KPBSD schools currently offer for their students. Sources of Strength focuses on promoting mental health and building protective factors that increase connection, coping, resiliency and wellness.

We all have strength!

Our Sources of Strength programs help teams of students and school staff identify what strengths they have in their lives to help them move through the ups and downs of life. The Sources of Strength Wheel is composed of eight categories that we can draw strength from: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health and Mental Health. These strengths are powerful strengths that help us build resilience and health relationships.

We all have mental health.

How we cope, calm and connect when we experience feelings and emotions are what creates our mental health. We can use our strengths to support our mental health. It is possible for us to not just survive, but thrive in our new reality. These resources provide you check-ins, activities for exploring emotions, conversation starters, and practices for you and for the student in your household to calm, to cope and to connect.

These activities and resources are from elementary schools, middle schools, and high school programs. Feel free to modify them however works best for you. Start your day with a check-in. Take the emotional temperature in your home and find out how everyone is doing. End your day with thankfulness, naming things that you are grateful for. Share these resources with your friends and neighbors, and together let's practice #WhatHelpsUs. Share posts on social media and hashtag #WhatHelpsUs and #KPBSDstrong

Gratefully,
Your KPBSD Sources of Strength Champions

Connect – let's be social!

Kenai Peninsula Borough School District www.KPBSD.org

Facebook: [@KPBSD](https://www.facebook.com/KPBSD)

Twitter: [@KPBSD](https://twitter.com/KPBSD)

Instagram: [@KenaiPeninsulaSchools](https://www.instagram.com/KenaiPeninsulaSchools)

Sources of Strength [@SourcesOfStrength](https://www.instagram.com/SourcesOfStrength)



FAMILY SUPPORT

Whether related to us by blood, or by choice, these are the people who support, nurture and care for us.

POSITIVE FRIENDS

Positive friends lift us up, make us laugh, are honest with us, and are there for us when we need them.

MENTORS

A mentor is an experienced person who shares their insight to help guide us, and help us draw on our own strengths to be the best version of ourselves.

HEALTHY ACTIVITIES

When we feel stressed, healthy activities-- whether they are physical, social, or emotional-- help us unwind, lift our mood, and gain clarity.

GENEROSITY

Generosity can look a lot of different ways, from donating money or time to being intentionally kind to other people. These acts of kindness towards others, big or small, can actually make an impact on how we feel about ourselves.

SPIRITUALITY

Spirituality is practiced in many ways, but at its core we consider what gives a sense of purpose and connection in our spirit. Thankfulness is a profound way to practice spirituality together, no matter what our cultural heritage and/or spiritual tradition.

PHYSICAL HEALTH

When we are injured, we don't have to stay in pain. We can get better, with access to the medical care we need and deserve. Physical and social/emotional pain are often integrated and it's important to take care of our bodies, hearts, and minds.

MENTAL HEALTH

Mental Health is all about getting the support we need and deserve to help us when we are struggling. Our mental health is a very important part of living a healthy life, and oftentimes, getting together with a trusted person, a counselor, or a doctor, can help empower us to overcome internal struggles we might be facing.

TIPS FOR STRENGTH-BASED CONVERSATIONS AND ACTIVITIES

Keep a few things in mind as you incorporate Sources of Strength into your home:

1. Have fun! We know that our brains work better when they are positive than when they are negative, neutral, or stressed. We also know that we learn more through play. Games, music, and laughter are essential ingredients for our mental health and wellness. Not because we are avoiding hard things and difficult conversations, but because we are preparing for them. When we laugh and play, we connect, and relational connections will build up our mental health.
2. When hard things happen, honor and acknowledge them, and then turn towards your strengths. We encourage you to tell the truth about what is actually happening, even if it's hard. But make sure that you spend the majority of your time in those conversations, not just focused on the hard, but talking about what helps. Who were the Positive Friends who supported you? What are the Healthy Activities that bring you joy? How was your Spirituality a strength in that time? When talking about an obstacle or a challenge, try to focus 10% of the story on what hurts, and 90% of the story on what helps! This allows us to move through difficulty and models healthy strategies for others.
3. As the adult in your home, please share, but don't overshare. If you are experiencing a lot of BIG emotions, or if you are struggling with your physical or mental health, we want to encourage you to share those stories with your siblings or friends, and in case of an emergency, with medical and mental health professionals. If you are feeling overwhelmed, it might be helpful to start by filling out the **Self-Care Card**, and the **Self-Care Checklist** (page number here)
4. Participate fully. If there is an activity, or a question, or a challenge, it's not just for your kids, it's for you too! Sources of Strength is for everyone. You don't need to teach anything, these aren't tasks for you to complete, but they are tools to help you AND your kids calm, cope, and connect during this time.

NINE STRENGTH-BASED CONVERSATIONS AND ACTIVITIES

Below are conversation prompts and activities centered around the strengths of the Sources of Strength wheel. These are resources for your student(s) and those in your home to complete together to promote strength and connection. Each activity includes (1) a check-in prompt to discuss over a meal, during a household meeting, on a walk, etc., (2) an activity so the people in your home can engage with strength together, and (3) a daily gratitude practice.

STRENGTHS POSTER

CHECK-IN PROMPT

What gives you strength in life? Think of the people, places, and things that help you mentally, emotionally, physically, and spiritually?

ACTIVITY

Create a Household Strengths Poster. Using crayons, markers, pencils, pens, etc. and a blank piece of paper, cardboard, or poster, ask everyone in your home to draw the things in life that give them strength. These can be people, activities, pets, places, practices, traditions - all the things that provide strength fill each person up, and make their spirits soar. Have everyone draw at the same time and put down as many good things as possible in 5-10 minutes. Keep in mind you are creating a poster/paper covered in pictures, not a list. Encourage people to share about what they drew. Once completed display the Strengths Poster in your home.

GRATITUDE PRACTICE

Ask each person in your home to write down three things they are thankful for - you are on your way to starting a new healthy habit!

FAMILY SUPPORT

CHECK-IN PROMPT

Who are the people that provide you with family support? These can be people in our foster families, step families, biological families, extended families, and chosen families.

ACTIVITY

Choose someone your home considers family, thank them as a group for the family support they provide and send them some extra care and attention . You could mail or deliver a physical care package with letters, artwork, a homemade meal/treat, or small gift. You can also connect with them virtually for an online chat, phone call, or send emails from everyone in your home to them.

GRATITUDE PRACTICE

Ask each person in your home to write down or share three new things they are thankful for.

POSITIVE FRIENDS

CHECK-IN PROMPT

What qualities make somebody a Positive Friend for you?

ACTIVITY

Ask each person in your home to write down a memory of a time a positive friend brought them strength and, if possible, reach out to that positive friend and relive that memory with them.

GRATITUDE PRACTICE

Ask each person in your home to write down or share three new things they are thankful for.

MENTORS

CHECK-IN PROMPT

Mentors are the people and role models in our lives who we can trust and talk to. They often inspire and challenge us to be the best version of ourselves. Some examples of a mentor could be a teacher, coach, parent, family member, or community member. What are some things a mentor has helped you with in the past?

ACTIVITY

Gather your home together and write thank you cards to each of your mentors. Everyone can make their own and personalize them however they wish before mailing them. You could also send an email, digital card, or video to your mentors.

GRATITUDE PRACTICE

Ask each person in your home to write down three new things they are thankful for. You've already done 12 gratitudes - way to go!

HEALTHY ACTIVITIES

CHECK-IN PROMPT

What Healthy Activities help you feel joy? What Healthy Activities help you to calm and unwind? What are the things you do to help you energize?

ACTIVITY

Create a household bucket list of Healthy Activities you can complete together. These can be new skills you are learning together (playing an instrument, yoga, new recipes), favorite pastimes that bring energy (game nights, evening walks, dance parties), and ideas for bringing calm to the home (reading, meditation, writing). See how many Healthy Activities you can complete together!

GRATITUDE PRACTICE

Ask each person in your home to write down or share three things they are thankful for.

GENEROSITY

CHECK-IN PROMPT

When was a time that you received Generosity, and what was a time when you practiced Generosity? How did those examples of Generosity impact you?

ACTIVITY

Create a Generosity container with your household and place it in a central location of your home. Place markers and strips of paper next to the jar and have everyone in your family write down ways they can be generous within the household (help with dishes, play a game together, share three things they appreciate about someone else in the home, etc.) Encourage individuals to draw from the generosity jar and complete those acts of generosity.

GRATITUDE PRACTICE

Ask each person in your home to write down or share three things they are thankful for.

SPIRITUALITY

CHECK-IN PROMPT

Spirituality reminds us that we are connected to more than just ourselves. We can lift our spirits by practicing our faith traditions, experiencing prayer, mindfulness, and meditation, engaging in our cultural rituals, ceremonies, and customs, and by practicing gratitude. What are some people, places, or practices that lift your spirit?

ACTIVITY

As a household choose and decorate containers to place the gratitudes you are writing down each day inside. Pick a day and time each week to draw out one of the gratitudes and share it with the other people in your home.

GRATITUDE PRACTICE

Ask each person in your home to write down three things they are thankful for and place them inside the gratitude jar.

PHYSICAL HEALTH

CHECK-IN PROMPT

When was a time you were grateful for medical access, for yourself or someone you love?

ACTIVITY

Choose three ways as a household you can practice increasing your physical health. This could include choosing a form of exercise to complete each day, challenging everyone to drink enough water, making doctor appointments, and other ways the people in your home can think of to keep your bodies strong.

GRATITUDE PRACTICE

Ask each person in your home to write down three things they are thankful for and place them inside the gratitude jar.

MENTAL HEALTH

CHECK-IN PROMPT

In life we can experience emotions that feel big or overwhelming like anger, anxiety, or sadness. Which one of the Big Three Emotions, anger, anxiety, or sadness do you feel the most often? What helps you manage those emotions?

ACTIVITY

Create a [Household Wellness Plan](#) or gather to create individual Wellness Plans to help when someone is feeling big emotions. Encourage each person to create a list with ideas that include people, pets, and places where you can find connection with and ideas for things that help you experience fun, energy, calm, connection, and reflection.

GRATITUDE PRACTICE

Ask each person in your home to write down three things they are thankful for and place them inside the gratitude jar. Keep up the practice of writing down three new gratitudes every day!

You will find additional prompts and activities to complete for several more weeks in the following pages.

Continue to encourage the people in your home to write down three things they are thankful for and place them inside your gratitude container each day.

ADDITIONAL CONVERSATION PROMPTS

Below are additional conversation prompts you can use for household discussions, writing prompts, or conversation starters during meals.

Family Support

- What is an example of a time Family Support was really strong for you?
- Who do you see as your most supportive chosen family (i.e. best friends' parents, friends of your parents, a coach, mentor, or friends)?
- What are some helpful practices, rituals, or customs your family participates in? What unique traditions do you have in your family?
- What makes a person "family"?
- How do you show Family Support to others?

Positive Friends

- Who is a Positive Friend for you and what do you appreciate about them?
- Share about a time you were a Positive Friend and when someone was a Positive Friend for you.

Mentors and Trusted Adults

- Who is a Mentor for you and what do you appreciate about them?
- Who is a Trusted Adult that makes you feel safe to be yourself?
- Name a Trusted Adult you feel is "in your corner" How do they show you that they are for you?
- Which adult do you most commonly ask for help, whether with school, a social issue, etc? Tell about how your Trusted Adult worked to gain your trust.

Healthy Activities

- Share a story of how you used Healthy Activities to cope with a difficult situation.
- Name three Healthy Activities you enjoy - include one energizing and one calming activity.
- What is a Healthy Activity you might like to try?

Spirituality (this could include traditions, practices, culture, or religion)

- In what ways do you experience Spirituality in your own life? What are spiritual or gratitude practices that help you?
- Where are spiritual places for you?
- How has practicing mindfulness or meditation helped you? Share a spiritual moment in your own life.

Generosity

- Who do you think is the most generous person you know and why?
- Name a person who has been generous towards you. How have they shown Generosity? How do you contribute to the community?
- Name a time in which you demonstrated Generosity.
- What is one way you can show Generosity today?

Physical Health

- Share about a time that medical access was a strength for you or your family or friends. How can you keep your body healthy?
- How can you show support for medical and mental health professionals?

Mental Health

- Share about a time when you felt peaceful and content. You can benefit from that experience again, as you retell the story.
- When you feel overwhelmed, name the person who helps you feel calm?
- When you are angry, what is an activity you can do to cool down and to cope?
- When you feel sadness, who are the people you want to connect with?
- What helps you when feeling these emotions?

Thankfulness

- What are three things you are thankful for today?
- Write a short thank you note to someone you are grateful to have in your life.

Belonging

- When is a time you felt that you belonged?
- Who is someone that makes you feel like you belong?
- How do you help others feel that they belong?
- What makes you unique?

What Helps Me

- Who are people in your life that help you and how do they help you?
- What activities help you to feel joy?

Growing our Strengths

- One thing that I have done to grow stronger is...
- One thing that I can do to grow in strength is...
- A person that I can support in growth is...
- What strength have you used in the past week? How did it help?
- Who is someone who has helped you grow in strength? How has this helped you?

Connection

- When did you connect someone else to help?
- When did you connect someone to a Healthy Activity?
- How has someone else connected you to Mental Health? How have you connected others to your community?
- Where would you go to connect a struggling friend to help?

ADDITIONAL STRENGTH-BASED ACTIVITIES

Below are some different strength-based activities you can engage in with your household.

FAMILY SUPPORT

- Take a sibling out for ice cream
- Cook dinner for your family
- Call your grandma or grandpa
- Give flowers to your mom
- Host a family game night
- Thank someone for being your "Family of Choice"

POSITIVE FRIENDS

- Write a note thanking someone for being a positive friend
- Help a friend study for a class or test
- Host a virtual game night, party, or themed event with your positive friends
- Ask a friend how they are doing and really listen

MENTORS

- Tell your mentor they're doing a great job
- Host a virtual check-in with your mentor
- Tell a friend about how a Trusted Adult has helped you
- Thank a mentor for their support

HEALTHY ACTIVITIES

- Cook or bake a new recipe
- Go for a run
- Read a great book
- Try a new food
- Cuddle with a pet
- Create a truly epic playlist
- Paint or draw
- Go on a hike
- Take a bath

GENEROSITY

- Venmo coffee money to a friend
- Listen without any agenda
- Help an elderly neighbor or single parent
- Volunteer for a cause you care about
- Help tutor a young person

SPIRITUALITY

- Look at amazing art
- Look at the night sky
- Name 3 things you are grateful for right now
- Practice yoga
- Pray
- Watch a live performance via YouTube or Instagram
- Keep a gratitude journal
- Sit by water and just breathe
- Ask: What makes my spirit soar?

PHYSICAL HEALTH

- Schedule a doctor or dentist appointment
- Go for a run
- Take a vitamin
- Eat a vegetable
- Floss (dance or dental practice)
- Get an annual physical
- Work out
- Drink water

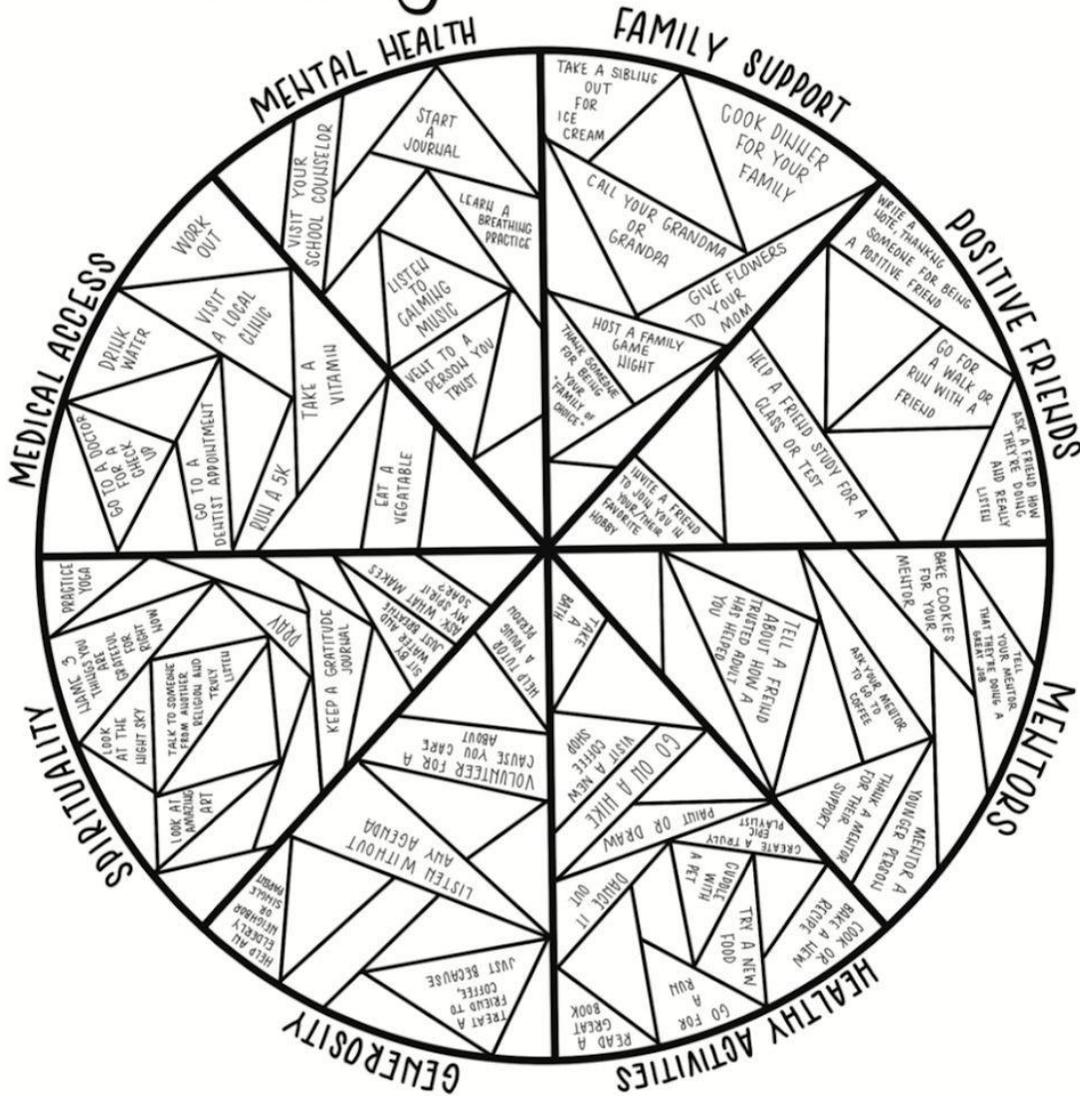
MENTAL HEALTH

- Reach out to your school counselor
- Start a journal
- Learn a breathing practice
- Listen to calming music
- Vent to a person you trust

EXTRA, EXTRA: PRINTABLES AND RESOURCES

TANGLED BALL OF EMOTIONS
STRENGTH CHECK-IN
SELF-CARE CARD
SELF-CARE CHECKLIST
REGULATION RAILROAD
CALMING ACTIVITIES
GROUNDING ACTIVITY AND DESCRIPTION
ENERGIZING ACTIVITIES
QUINGO (QUARANTINE BINGO)
CREATE YOUR OWN QUINGO
SOURCES OF STRENGTH BOARD GAME

strength check in



DIRECTIONS:
 COLOR IN THE ACTIVITIES ACCORDING TO THE INSTRUCTIONS BELOW.
 FILL IN BLANK SPACES WITH OTHER WAYS TO PRACTICE STRENGTH

- = Activity I regularly do
- = Activity I've done recently
- = Activity I'd like to try

SELF-CARE CARD

Before being a support to others, it is important to take care of yourself. Think of being on an airplane and being told that in the case of an emergency to apply your oxygen mask before assisting others. How are you doing?

1. Positive Friends I can talk to:

2. Mentors or Supports I can talk to:

3. If I am feeling down or sad, I can do these activities:

Physical activities and stress relievers (such as walking, biking, working out, yoga):

-
-

Quiet, calming activities (such as taking a nap, writing in my journal, petting my dog):

-
-

Concentration activities (such as watching a funny show, reading a novel, writing thank you notes):

-
-

4. Ways I can help others right now:

5. Three things I am grateful for today:

6. Good things that have happened recently, even in the midst of tough stuff:

7. What are ways I can invite others (spouse or partner, kids, friends, coworkers, community, etc.) to use their Strengths too?

**If I am concerned about my thoughts right now, I can call the Lifeline at 800.273.8255*

SELF-CARE CHECKLIST

This check-list gives you options to explore self-care. This is not an exhaustive list, and it is also not a list of TO-DOs. Think of it more as a list of CAN DOs. We hope this helps you learn more about what helps you to calm, cope, and connect.

- Write a thank you note (colleague, parent, family member)
- Do a yoga pose (mountain, tree, eagle) or stretch to get your blood moving
- Sit outside in the sun with a good book
- Take a walk around the block - Don't forget social distancing
- Eat lunch virtually with a friend
- Take a mindful minute and pay attention to your breathing
- Close your eyes and visualize one thing you are grateful for and why
- Put your earbuds in and listen to a favorite song or podcast
- Make a positive call to parents
- Share something you accomplished or an idea you want to pursue with a friend or spouse
- Share something you've been successful in recently
- Pause, take a deep breath while counting to 5, then smile
- Name 3 things that you are grateful for today
- Hydrate! Drink some H2O
- Share your best and brightest smile with someone
- Get enough rest. Plan for an extra 1-2 hrs of sleep during the week
- Let your kids paint your toenails or fingernails
- Look for something beautiful around you and take note. Sit with the beauty for an extra moment or two
- Take up a new hobby and put aside a fixed amount of time for it weekly or monthly
- Plan an activity to do outdoors
- Read a book for fun
- Take a bubble bath and light a candle
- Try a new recipe
- _____
- _____
- _____

Regulation Railroad

When you notice your mind going off its tracks, and feel like you are not in control of your emotions, you can take yourself through the stops on the Regulation Railroad.

First, Stop 1: This is where we check in with our body to locate the emotion we are experiencing. Ask:

Stop 1: Where in my body do I feel the emotion?

Examples: My shoulders are tight, my stomach has butterflies, my hands are sweaty, etc.

Once you have a sense of the emotion or sensation in your body, then you can move to Stop 2. This is where we identify the emotion. Ask:

Stop 2: What emotion do I feel?

The next stop is Stop 3. This is where we identify how big or small the emotion is. Ask:

Stop 3: How big is the emotion? Rate using a scale of 1 (smallest) to 5 (largest).

Now that you know **where** you feel, **what** you feel, and how **big** your feeling is, the last stop is the Regulation Station.

At this final stop we decide what we need to do to regulate our own body. Sometimes we need to calm, and other times we need to energize. Ask:

Stop 4: The Regulation Station: What do I do to regulate myself?

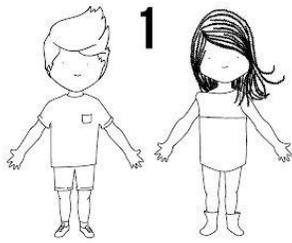
What are your choices now that you know your emotions?

What strategies can you use to get back on track?

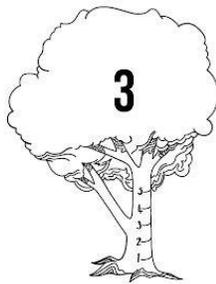
How can you use your strengths to decide how you will regulate yourself, and get back to feeling safe and healthy?

What strengths from the wheel have helped you get back on track before?

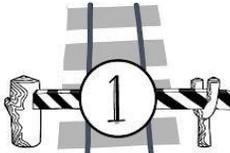
MY REGULATION RAILROAD



2. What emotion do I feel?



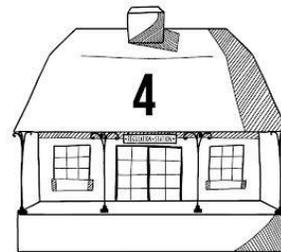
4. What do I do to regulate myself?



1. Where in my body do I feel the emotion?



3. How big is the emotion?



CALMING

ENERGIZING

NAME: _____

CALMING ACTIVITIES

Relax and Release:

Have everyone think about the emotion that is the strongest or biggest for them right now. It could be excitement, anger, sadness, anxiousness, happiness... If you notice a strong feeling that's ok, and if you feel a little emotion or nothing at all, that's ok too. Now have each person decide how big the emotion is, 1 being small and 5 being a big and strong emotion. They can keep the specific emotion and the number to themselves. When they are ready, you can begin:

"Start by curling your toes as hard as you can, hold it, and now as I count down I want you to breathe out and release your toes back to normal 3....2 1. Next, tighten up your legs as tight as you can, flex them, and again slowly release and breath out as I count 3....2 1." Repeat the above language as you continue to move to different parts of the body: upper legs, lower back and stomach, shoulders and chest, fists, lower arms, upper arms, neck, and finally the face. Each time you have them breathe out, count 3....2 1.

Did you notice the size of your emotion change from beginning to end?

5-4-3-2-1:

Take a slow, deep breath in, and then slowly exhale. Keep breathing deeply. Pause for a couple of seconds. Now, look around the room and think of five colors that you can see. Pause for a couple of seconds. Once you've identified five colors you can see, close your eyes if you feel comfortable. If you don't want to close your eyes, that is totally fine - just focus your eyes on a spot in front of you. Now, think of four things that you are touching right now. Pause for a couple of seconds. Think of three things that you can hear. Pause for a couple of seconds. Think of two things that you can smell. Pause for a couple of seconds. And think of one thing that you can taste. Pause for a couple of seconds. Keep breathing deeply, and on your next exhale, slowly open your eyes or look up. Pause for a couple of seconds.

How did that feel?

Square Breathing:

Draw a big square in the air in front of you, or trace a square on your leg or hand as you do this practice. Count to 4 as you breathe in and trace one side of the square... 1,2,3,4 hold your breath as you trace the next side of the square... 1,2,3,4 Now breathe out as you draw the third side of the square...1,2,3,4... Now hold your breath as you complete the square...1,2,3,4 You may feel as though you need to draw the square a few times to fully calm yourself. What did you notice in your body and in your mind?

Grounding Activity

Ask everyone in your home to gather for a short mindfulness exercise. Encourage everyone to find a comfortable place to sit and then say:

“Take a slow, deep breath in, and then slowly exhale. Keep breathing deeply.”

Pause for a couple of seconds then say:

“Now, look around the room and think of five colors that you can see.”

Pause for a couple of seconds then say:

“Once you’ve identified five colors you can see, I invite you to close your eyes if you feel comfortable. If you don’t want to close your eyes, that is totally fine - just focus your eyes on a spot in front of you or on the ground in front of you. Now, think of four things that you are touching right now.”

Pause for a couple of seconds then say:

“Think of three things that you can hear.”

Pause for a couple of seconds, then say:

“Think of two things that you can smell.”

Pause for a couple of seconds and say:

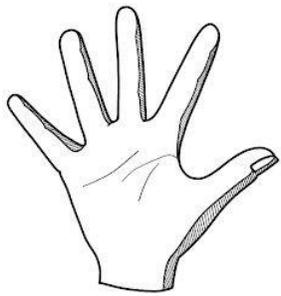
“And think of one thing that you can taste?”

Pause for a couple of seconds then say:

“Keep breathing deeply, and on your next exhale, slowly open your eyes or look up.”

Pause for a couple of seconds and then discuss how the members of your household are feeling after the mindfulness practice.

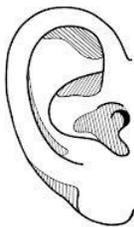
GROUNDING



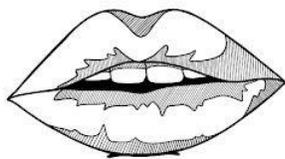
What do I feel?



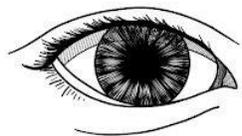
What do I smell?



What do I hear?



What do I taste?



What do I see?

ENERGIZING ACTIVITIES

Rock, Paper, Scissors Tournament

Host a Rock, Paper, Scissors tournament with your family, where the loser of each round becomes the winner's personal cheering section, shouting their name and clapping behind them.

CUPS Tournament

Grab several plastic cups (or other non-fragile objects) and place one cup facedown between teams of two people. Select somebody to be the announcer for the CUPS tournament. When the announcer says "GET IN POSITION," each team will adopt a "silent sumo wrestler" position, standing in an athletic stance facing each other and the cup. Call out a few body parts ("knees... head... ears... elbows...") and then shout the word, "CUP!" (or whatever the item is that you are using as a stand-in). Whoever grabs the cup first is the winner who will advance to the next round of the tournament.

Dance Master

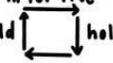
Have the family stand in a circle and send one person out of the room. They will be the Guesser. Turn on music and select one person to be the Dance Master. The Dance Master will then start dancing and it is everybody else's job to copy their movements exactly. The Dance Master can change their sweet moves any time they want to. When the Guesser returns to the room, they will stand in the middle of the circle and try to guess who the Dance Master is. The Guesser will get three guesses or 90 seconds. The Dance Master will become the Guesser for the next round. Play as many rounds as you'd like, switching up the Dance Master each time!

Blizzard

Have each person in your home crumple up several small balls of paper. One person stands in the middle and on the count of three everyone throws the paper over the middle person's head (so that they can catch it) and see how many they can catch. After a few rounds, see if there are new ideas of how to catch more paper (get help, use a shirt to catch more, etc) and try those strategies. After the game, discuss how getting help and new ideas from others can be helpful for figuring out the challenge.

QUINGO

quarantine bingo!

take a 30 minute social media break	hydrate! (½ your weight in ounces per day)	breathe in some fresh air	draw the people, places, + things that give you strength	do a yoga or workout class online	learn to bake or cook something
read a good book	up to you! What did you do? _____ _____	write down 3 things you're grateful for	tell someone you love them	take a shower or bath	Practice box breathing in for five hold  hold out for five
Add the National Lifeline to your phone: 1-800 273 8255	look up videos of baby animals	make a cup of tea (or 1 for a family member)	organize a cluttered place in your home	journal or write a poem	eat a meal together—even over video
get out of your pjs and put on a favorite outfit	take your meds + remind others to do the same	check in on a neighbor	up to you! What did you do? _____ _____	try a new hobby	do a puzzle or play a game
move your body and stretch	sing or dance (the shower counts!)	listen to fun or calming music	write a card of appreciation to someone	donate \$ online to a local food pantry	email a note of thanks to first responders—nurses, police, firefighters in your area
check in with someone about how you're both feeling	up to you! What did you do? _____ _____	Create a secret code + write a note to someone else	watch a really good movie	make a good old fashion pillow fort	check in with your mentor by phone or email

Create your own Quingo using the template below:

QUINGO

quarantine bingo!

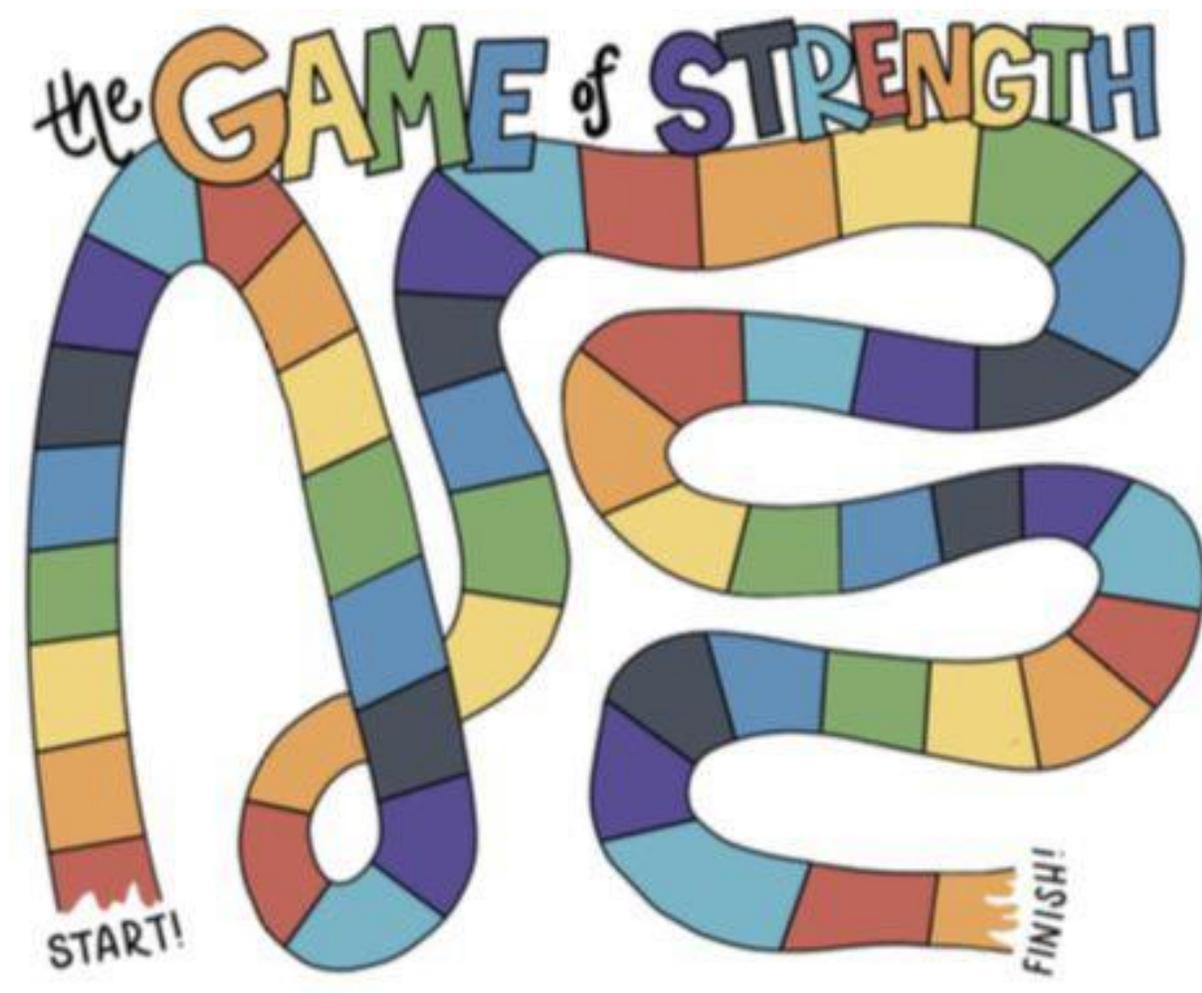
GAME OF STRENGTH BOARD GAME

Building your own board game is a fun and safe way to explore your own strengths and encourage your family, friends, and community to do the same!

Below are a couple steps to help you structure and personalize your own game:

1. Use the templated version of the Sources Board Game (see below):
 - a. On the templated board, each square is a strength on the Wheel. For Example:
Yellow squares = Positive Friends, Orange squares = Family Support, etc.
2. Create your own Board Game!
 - a. Personalize the templated board game with your own prompts or come up with your own design and ideas. If you are starting from scratch, we recommend checking out Pinterest and Google for inspiration!

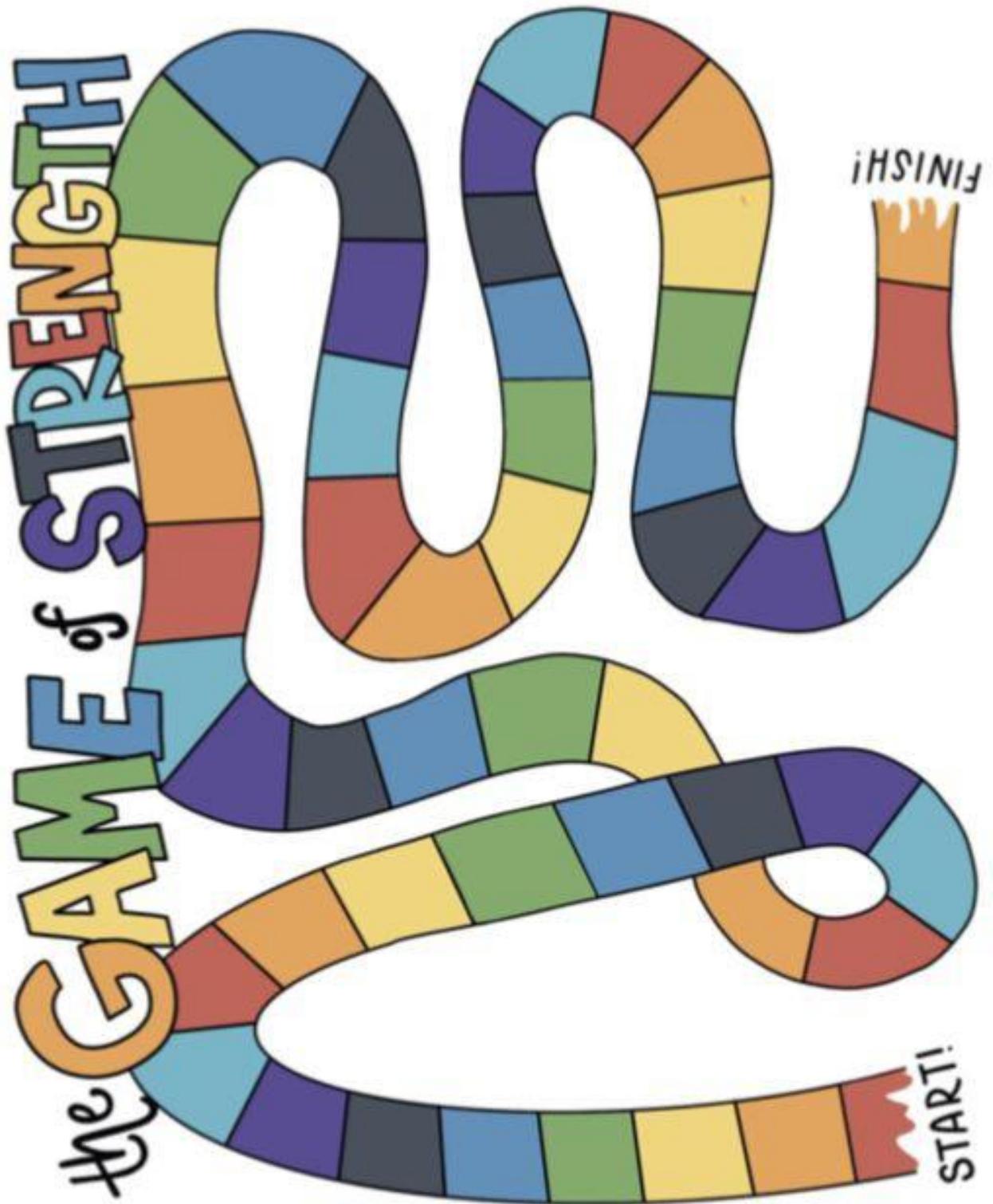
Sources of Strength Board Game Example:



Sources of Strength Board Game Templated Prompts:

Family Support	Positive Friends	Mentors	Healthy Activities	Generosity	Spirituality	Physical Health	Mental Health
High five a family member (then wash your hands.)	Name 3 friends who have the letter "S" in their name	What do you need in a mentor?	Run/walk/skip/slide a lap around the house.	Write a thank you to someone.	Box breathing.	Find the nearest First-Aid Kit or Band-Aid.	How do you make yourself feel calm?
Paint/Draw a portrait of a family member in 60 seconds.	Text a friend "thank you!"	Who has taught you something in your life?	Snap your fingers or whistle for 60 seconds.	Do a chore around the house.	Spend 60 seconds in silence.	Where is the fire escape route?	Describe your mood in 3 words.
Call a family member not in the room.	Draw a Positive Friend. Have others guess who it is!	Have you been a mentor before? When?	Quick! 60 second talent show!	How can you be generous today?	Where is your favorite place to go?	Spend 60 seconds laughing (real or fake).	Tell us a joke!
Make a snack for a family member.	What friend did you talk to last? What did you talk about?	Who's the best fictional mentor? Books, Movies, TV...	Do an interpretive dance based on the weather.	When was someone generous to you?	Who makes you feel like you belong?	Brush your teeth! Full 2 minutes!	Take a micro-nap until your next turn.
Leave a kind and secret note for someone in the house.	Randomly select an Instagram follower and DM them something you love about them.	Who is someone you look up to? Why?	Act out your favorite movie, other players guess the title.	How can you be generous without money?	Sing/hum until your next turn	Wipe down the 5 closest doorknobs	Write a poem about Mental Health (focused on what helps and not just what hurts!).
Map out your family tree.	Call a childhood friend and reminisce on a fun childhood memory.	Who's your go-to team if you need help at home or at school?	Challenge a player and see who can hold plank longest.	Compliment another player.	What are you grateful for today?	Drink a whole glass of water (until your next turn).	Who or what helps when you feel stressed?

Sources of Strength Board Game Template:



Sources of Strength Board Game Templated Prompts:

Examples for filling in your board:

- **Purple (Spirituality):**
Tell the person to your right something you love or appreciate about them to lift their spirit.
- **Red (Mental Health):**
Journal how you are currently feeling until it is your turn again.
- **Orange (Family Support):**
Offer to do the dishes.
- **Yellow (Positive Friends):**
Randomly select a friend on your contact list to call and say "hey" to.
- **Green (Mentors):**
Write a thank you note to someone you look up to. At the end of the game, call them and read your note out loud.
- **Blue (Healthy Activities):**
Challenge anyone playing the game to a push-up contest.
- **Gray (Generosity):**
Make an Insta Story telling a story of a time you witnessed an act of Generosity (this will help shine light on the good in the world).
- **Teal (Physical Health):**
Start a game of Duck, Duck, GOOSE around the board to up your step count!

NOTE: If after playing the game you feel it was fun and helpful as a Source of Strength, please share it with the people around you. Send our team pictures of you playing, or post it online and tag @sourcesofstrength!

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Sources of Strength [@SourcesOfStrength](https://www.instagram.com/SourcesOfStrength)