

Enjoy this month's collection of curated resources filled with practical ideas and actions you can take as a parent. Try just one, or dive into them all. How you use these resources is completely up to you.

## 1. Activity for Gratitude

[Express gratitude to someone everyday, in front of your children.](#)

Gratitude is a powerful and protective skill that helps us focus our attention on what we have instead of what we don't. To help your children use this skill try expressing your gratitude out loud, in front of your children at least once a day. Challenge yourself to find a new person every day to thank and tell your children about the experience or better yet, include them when possible.

## 2. Research on Resilience

[Group Walks in Nature](#)

Walking with a group in nature boosts resilience and can have an 'undoing effect' for negative life events. To support your children's resilience find time to walk or exercise with a friend outdoors, in a natural setting.

## 3. Article on Optimism

[Watch comedy to boost optimism!](#)

If you are like most households right now, screen time has probably become a big part of your children's day to day activity. To make better use of this time reduce news and negative programming and try watching some comedy as a family. Comedy improves positive neurotransmitters in our brain, helps us keep perspective and adds some much needed lightness. Check out this article talking about the benefits of a good laugh in difficult times.

## 4. Meet an Expert on Mindfulness

[Dr. Jud](#)

Anxiety is on the rise and it's not surprising, given the uncertainty we seem to be facing on a daily basis. Dr. Jud's work explores how anxiety develops, the habit-like nature of anxiety and what we can do to manage the anxious feelings we are all experiencing.

## 5. Stress Management Strategy

Create your own helping month!

One of the best ways to improve our mental health is to reduce the focus on ourselves and our own experience and instead focus our attention outward to help others. As you plan your upcoming month as a family, create a list of all of the things you could do for others. Help your children schedule as many kind acts as they can through the month to boost their well-being.

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April Showers Bring May Flowers!



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helped you to  
bloom?

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creations!

