

HERE'S the SCOOP

Northpointe Council Inc. Volume 2



'I know I should never take any medicine that isn't meant for me'

'I know medicine can be dangerous if you take the wrong amount. It tells you on the label how much to take'

Always use medicines safely!

'I only take medicines when a grown up I trust gives them to me'

'I know medicines are NOT sweets and that they can be harmful'

'I know it is important to store medicines out of reach of younger children'

abpi
The medicines industry supporting science education

www.abpischools.org.uk

A message from Northpointe



Check out some virtual tours and live footage of some famous zoo's and aquariums!

- Houston Zoo
- San Diego Zoo
- Monterey Bay Aquarium
- Georgia Aquarium

NORTHPOINTE
COUNCIL
your path to a brighter tomorrow

Positive Coping Skill: Grounding Techniques

GROUNDING WITH YOUR FIVE SENSES

What are
5

THINGS YOU CAN SEE



SUN
PICTURE ON THE WALL
PEOPLE WALKING

4

THINGS YOU CAN FEEL



WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3

THINGS YOU CAN HEAR



BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2

THINGS YOU CAN SMELL



FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1

THING YOU CAN TASTE



MINT
Breakfast
TOOTHPASTE

Get Movin' Corner

SPELL YOUR NAME AND GET MOVING!

- A: 10 BURPEES**
B: 20 PUSH UPS
C: 35 JUMPING JACKS
D: 1 MINUTE PLANK
E: 20 SQUATS
F: 1 MINUTE WALL SIT
G: 20 BURPEES
H: 30 PUSH UPS
I: 20 ARM CIRCLES
J: 30 CRUNCHES
K: 25 SQUATS
L: 30 ARM CIRCLES
M: 45 SECOND PLANK

- N: 15 PUSH UPS**
O: 2 MINUTE WALL SIT
P: 25 JUMPING JACKS
Q: 15 BURPEES
R: 20 SQUATS
S: 30 CRUNCHES
T: 20 ARM CIRCLES
U: 1 MINUTE PLANK
V: 25 SQUATS
W: 20 PUSH UPS
X: 45 SECOND PLANK
Y: 30 JUMPING JACKS
Z: 20 ARM CIRCLES

RESOURCES

Niagara County

Important Links

NYS Office of Mental Health

• <https://omh.ny.gov/omhweb/guidance/>

The Hub/Erie County, NY Department of Health

• <http://www2.erie.gov/health/index.php?q=hub>

211 (search to find local services)

• <http://www.211wny.org/>

Niagara County Department of Health

• <https://www.niagaracounty.com/health/Resources>

Erie County Department of Health

• <http://www2.erie.gov/health/index.php?q=coronavirus>

Center for Disease Control

• <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Home School Sites

ABC mouse

• www.ABCmouse.com

Epic

• Reading APP for kids

Adventure Academy

• www.adventureacademy.com

Quick Math Junior

• Math App for kids

Education.com

• www.education.com

Swift Playgrounds

• Learning App for kids

Northpointe Council's mission is to provide high-quality, person-centered prevention, intervention, treatment, and recovery to those affected by substance use disorders and other addictions from the Greater Niagara Area.

P: 716.282.1228

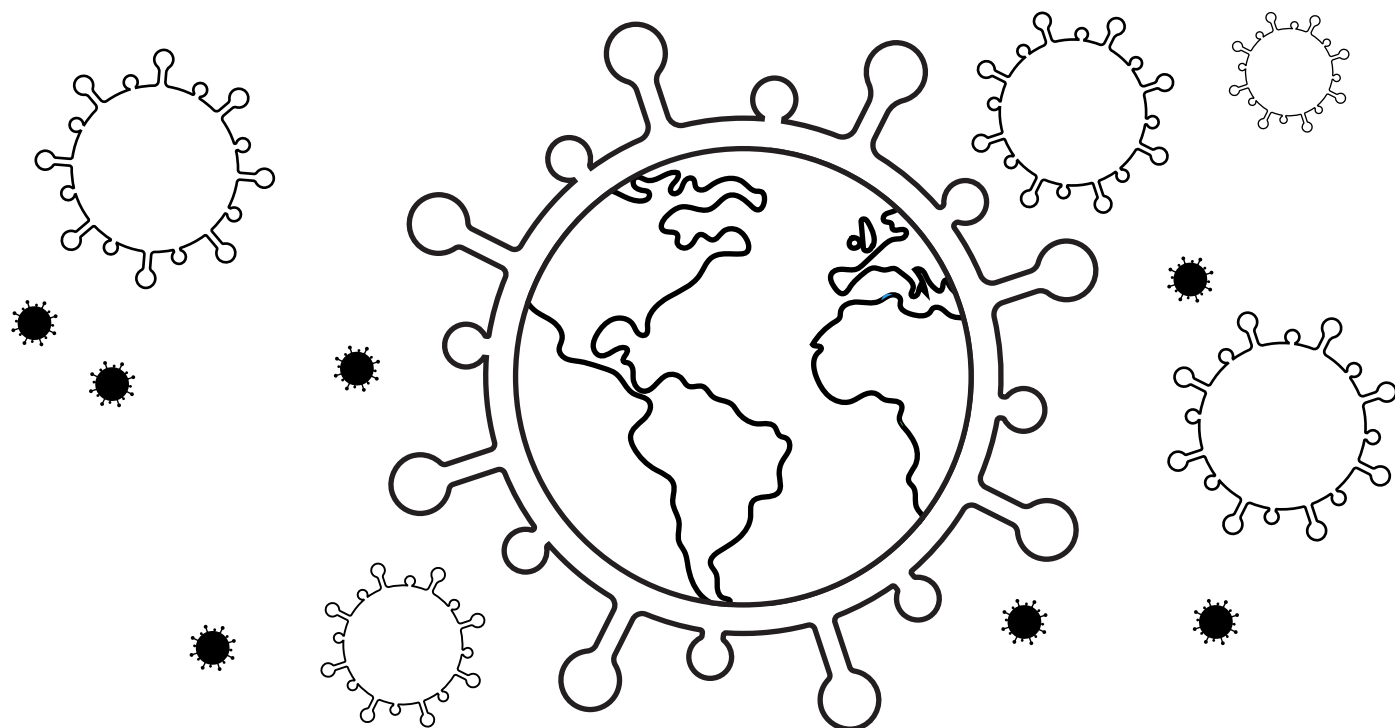


NORTHPOINTE
COUNCIL
your path to a brighter tomorrow

Little Free Pantries!

NORTHERN 716	
 OLCOTT: Imagine That 5957 E Main St. 14126	 LOCKPORT: iImagine Comm Garden Elmwood & Washburn 14094 white box near corner
 LOCKPORT: Emmanuel United Methodist 75 East Ave. 14094 Red box in back lot	 NIAGARA FALLS: Highland Helping House 2809 Highland Ave. 14305 Front yard next to gate
 NORTH TONAWANDA: Nash Rd Church 958 Nash Rd 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Greater Nia Fed Credit Union 110 Ward Rd 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: OLC Church 57 Center St 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: iHope Comm Church 316 Thompson 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: NT Senior Center 110 Goundry St. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: iImagine Comm Gardens 225 Sommer St 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: Nia Reg Fed Credit Union 1285 Erie Ave. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Degraff Mem Hospital 445 Tremont St. 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: Matt's Music 937 Oliver St. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Hope Center 383 Vandervoort 14120 The Little Free Pantry: North Tonawanda on FB
 TONAWANDA: Decades 2855 Sheridan Dr 14150 Decades Little Free Food Pantry on FB	 ***TEMPORARY TONAWANDA: 17 Longfellow Ct. 14150 Little Free Library convert
 ***TEMPORARY KENTON (BUFFALO): 29 Harrison Ave. 14223 Little Free Library convert	 ***TEMPORARY GRAND ISLAND: 1372 Staley Rd 14072
 BUFFALO(NORTH): Park Lutheran Church 2 Wallace Ave. 14214 On Depew Ave side of bldg.	 ***TEMPORARY KENTON (BUFFALO): Kenton's LF Library 152 Irving Terr 14223 Kenton's Little Free Library- 14223's first LFL on FB

MY 2020 COVID-19 TIME CAPSULE

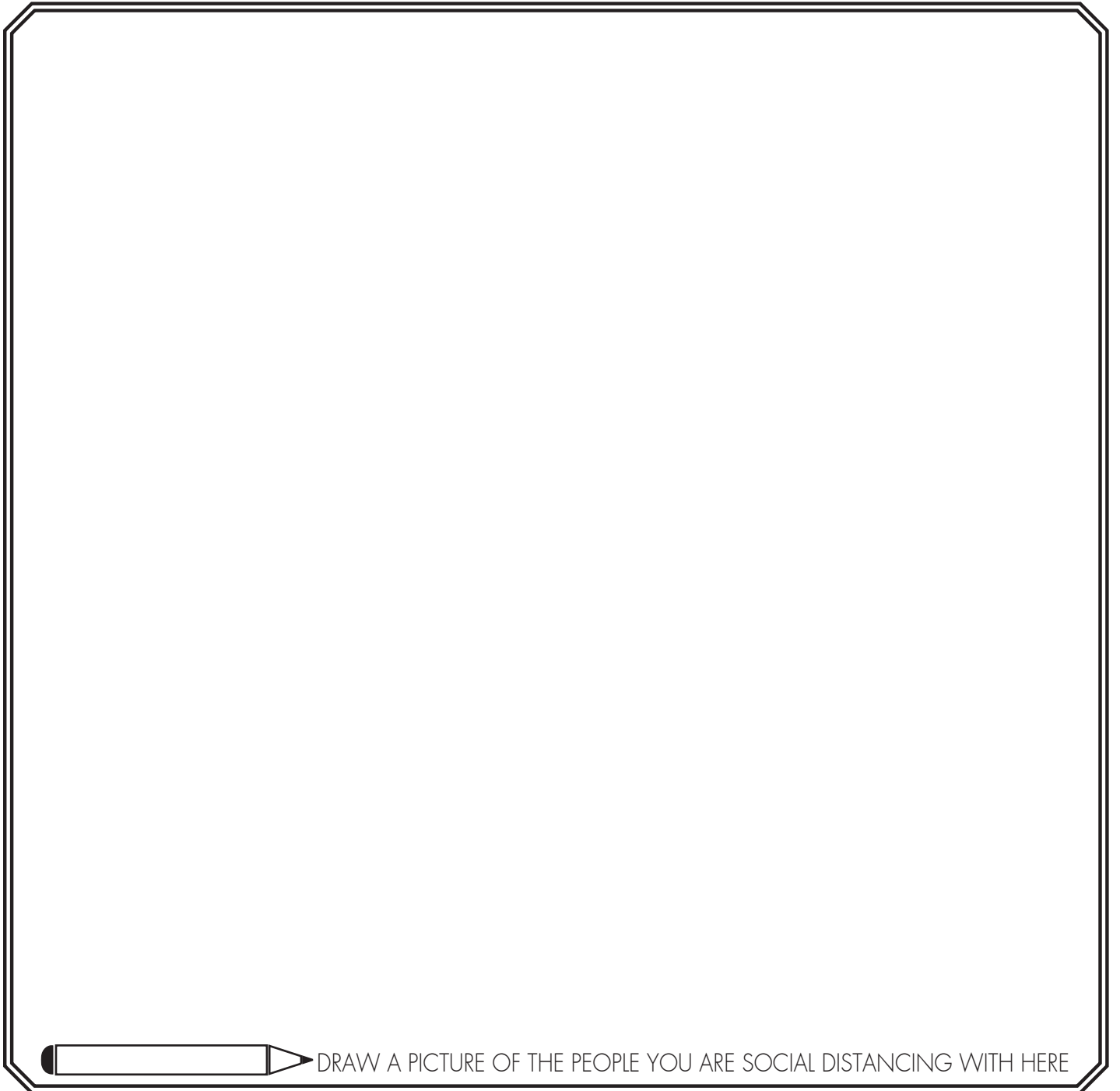



BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- ANY ART WORK YOU CREATED
- A JOURNAL OF YOUR DAYS
- FAMILY / PET PICTURES
- LOCAL NEWSPAPER PAGES OR CLIPPING
- SPECIAL MEMORIES



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♥♥ ALL ABOUT ME ♥♥

I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

SHOE SIZE

MY FAVORITES

TOY: _____

COLOR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

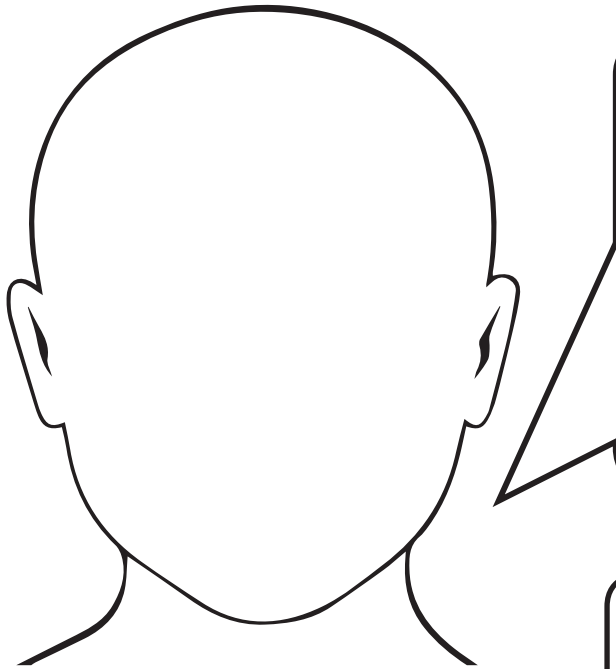
SONG: _____

MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE: _____

HOW I'M FEELING



HOW MY FACE LOOKS



WORDS TO DESCRIBE HOW I FEEL:

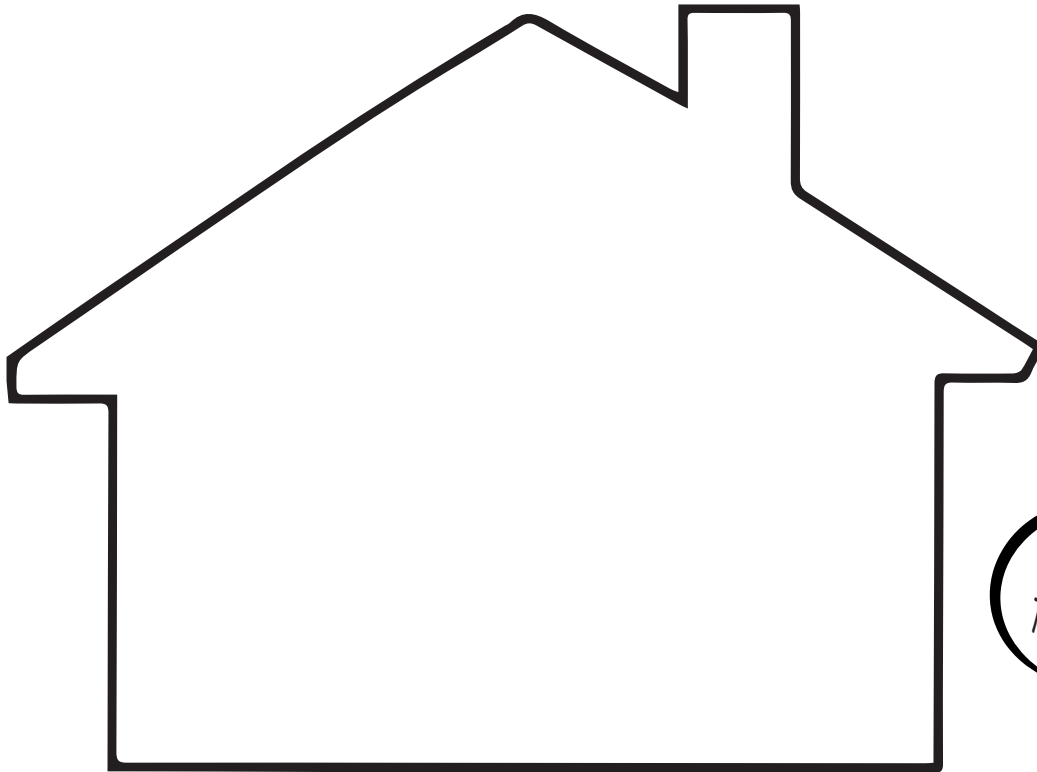
WHAT I HAVE LEARNED MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

<p>1</p>	<p>2</p>	<p>3</p>
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MY COMMUNITY



COLOR THIS HOUSE
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!



WHAT I AM DOING
TO KEEP BUSY:

OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLORS) AND PLACE YOUR HANDS HERE



SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW YOU CELEBRATED

LETTER TO MYSELF

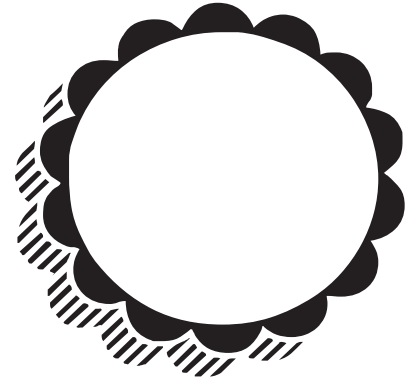
DEAR,

LOVE,

INTERVIEW YOUR HOUSEHOLD

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVORITE INSIDE HOUSEHOLD ACTIVITY:

FAVORITE FOOD TO BAKE: _____

FAVORITE TIME OF DAY: _____

