

# HERE'S the SCOOP

## Northpointe Council Inc. Volume 5



### tips for making & keeping FRIENDS

1. To have good friends you have to be a good friend.
2. The more you know and like yourself, the easier it will be to find friends who treat you the way you wish to be treated.
3. Try to have lots of different kinds of friends. There is no such thing as a one-size-fits-all friend.
4. One way to meet new friends is to follow your curiosities, interests, and passions. In other words, do what you like to do and you will likely meet others who share common interests as you.
5. Make friends with people who like and accept you for YOU.
6. Good friends listen to each other, encourage each other, show they are interested in each other, respect one another, and help each other out.
7. Conflict between friends is normal; a good friend will put in the effort to work it out.
8. Refuse to say unkind things about your friends, even when they make a mistake. (Because we all make mistakes sometimes.)
9. If you make a mistake, apologize. If your friend makes a mistake, try to forgive them and move on.
10. Find ways to show your friends that you appreciate and care about them.

WHOLEhearted  
SCHOOL COUNSELLING

### A message from Northpointe




Find us on Facebook and like our page for more information and resources for the whole family!

NORTHPOINTE  
COUNCIL  
your path to a brighter tomorrow



facebook.com/npointe.prevention.education/

### A TO Z OF COPING SKILLS

<b>A</b> ASK for help	<b>B</b> BREATHE deeply and slowly	<b>C</b> COUNT forwards or backwards	<b>D</b> DRINK some cold water
<b>E</b> EXERCISE run, jump, skip, kick a ball or walk fast	<b>F</b> FIND a safe place	<b>G</b> GO to your happy place	<b>H</b> HUG a friend or family member
<b>I</b> IGNORE people who are annoying you	<b>J</b> JOKES to help you laugh	<b>K</b> KIND hands. Keep them to yourself	<b>L</b> LISTEN to calming music
<b>M</b> MEDITATE use yoga or mindfulness	<b>N</b> NAME the emotion you are feeling	<b>O</b> OBSERVE Use mindfulness techniques	<b>P</b> PAINT your feelings
<b>Q</b> QUESTION your thoughts	<b>R</b> RUN as fast as you can	<b>S</b> SEPARATE yourself from the situation	<b>T</b> THOUGHTS negative to positive
<b>U</b> USE your safe place	<b>V</b> VOICE your concerns	<b>W</b> WRITE down your feelings	<b>X</b> EXHALE breathe out your feelings
<b>Y</b> YELL as loud as you can into a pillow	<b>Z</b> ZONE out and relax yourself		

Find coping skills that work best for you!

### Young Chef's Corner:

#### Apple Donuts

##### Ingredients:

- 1 large apple
- Cream Cheese
- 1 tsp Honey
- Toppings-

##### Be Creative!

- chocolate chips
- Sprinkles
- Peanuts
- fruit



##### Directions:

1. Hollow out the center of the apple
2. Slice the apple
3. Spread cream cheese
4. Drizzle honey
5. Top with your toppings!

# 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](http://www.ABCmouse.com)

Adventure Academy

•[www.adventureacademy.com](http://www.adventureacademy.com)

Education.com

•[www.education.com](http://www.education.com)

Common Sense

•[www.common Sense.org](http://www.common Sense.org)

Epic

•Reading APP for kids

Quick Math Junior

•Math App for kids

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



### Little Free Pantries!

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



# COPING SKILLS

A COPING SKILL IS THE WAY THAT YOU HANDLE YOUR ANGER, STRESS, ANXIETY, FEAR OR ANY OTHER FEELING!

- A **good** coping skill is one that helps you feel better in the moment without hurting yourself or anyone else. It is also one that doesn't get you into any trouble now or later.
- A **poor** coping skill is one that might feel good when you use it, but it ends up hurting you or other people. Using a poor coping skill for a long time can be harmful.

## GOOD

Using positive self-talk  
Deep breathing  
Taking a shower  
Going for a walk  
Doing something creative  
Exercising  
Talking to a friend  
Playing a sport or game  
Hanging out with friends  
Taking a time out  
Using an I-Feel message  
Counting to 10



## POOR

Name-calling or insulting  
Becoming violent  
Spreading rumors  
Yelling and screaming  
Hurting yourself  
Threatening  
Doing something dangerous  
Shutting down  
Pretending like you don't care  
Blaming other people  
Negative self-talk  
Avoiding family and friends

**WHAT ARE OTHER GOOD COPING SKILLS YOU CAN THINK OF THAT HELP YOU FEEL BETTER?**



Name: \_\_\_\_\_

## KINDNESS SCAVENGER HUNT (Home Edition)

Directions: Check off the acts of kindness as you complete them



SHARE WITH SOMEONE

☐

DO SOMEONE'S CHORES

☐

HUG SOMEONE

☐

TAKE CARE OF A PET

☐

HELP MAKE A MEAL

☐

DRAW A PICTURE FOR  
SOMEONE

☐

CLEAN UP SOMEONE'S  
MESS

☐

WRITE SOMEONE A THANK  
YOU NOTE

☐

PLAY A GAME WITH  
SOMEONE

☐

DONATE OLD TOYS

☐

VISIT A NURSING HOME

☐

READ A BOOK TO  
SOMEONE

☐

DONATE BOOKS YOU  
ALREADY READ

☐

MAKE SOMEONE LAUGH

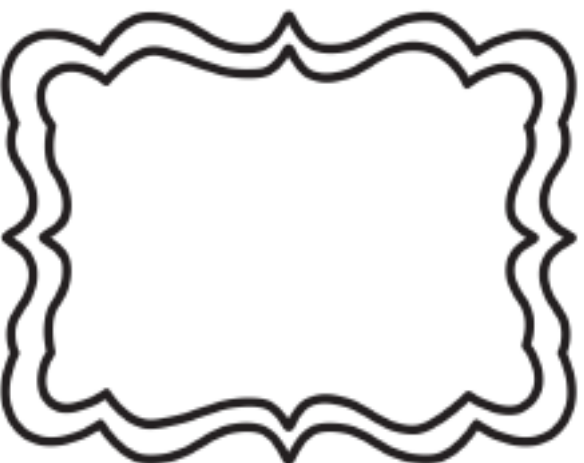
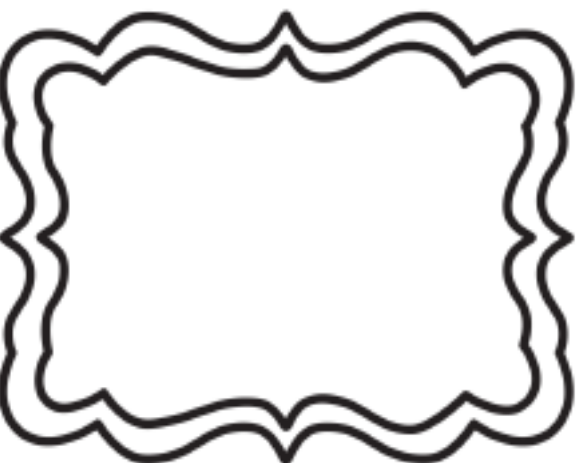
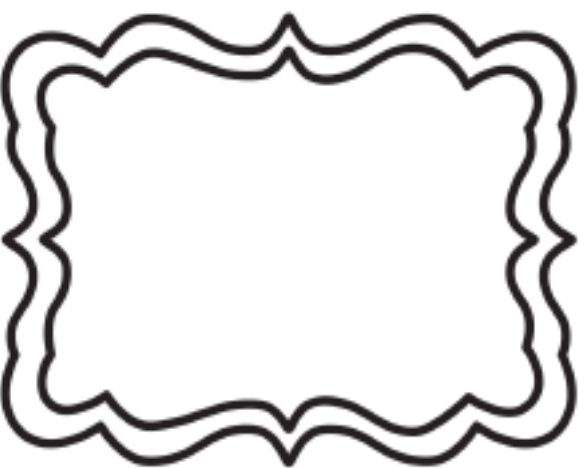
☐

GIVE SOMEONE A HIGH  
FIVE

☐

Name: \_\_\_\_\_

# I can be a friend.



At  
home

At  
school

In my  
world



# Friendship Fruit Salad

It was the first week of school and I was excited about a project my new 3<sup>rd</sup> grade class was doing. Today was the day we were making Friendship Fruit Salad.

My teacher had this recipe for us. She asked the students in the class to bring in the ingredients. I brought the strawberries and my friend Izzie brought the marshmallows.

## Materials Needed:

- Large bowl
- Long handled spoon
- Bowls
- Spoons

## Ingredients Needed:

- Sliced strawberries
- Mandarin oranges
- Pineapple chunks
- 1 banana
- Mini-marshmallows
- Whipped cream

Once we had gathered all the materials we needed, Mrs. Crawford asked us to all stand around her front table. She told us that the big bowl is like our classroom. There are many important things our room needs- things like good friends and happy days at school. She told us that each fruit represented different types of students in the room.

First, we added the strawberry slices. "This fruit represents the students that are good helpers and friends inside and outside the classroom."

Next, we added the mandarin oranges. She told us that these are the hard workers that always try their best in everything they do.

Third, we added the pineapple. "These can be the kids who share and take turns," I said.

"That's right Melissa," Mrs. Crawford replied. "These students always care about each other."

Then, we added some mini-marshmallows. Mrs. Crawford told us these were the kind and encouraging words we say to each other in the classroom each day.

Finally, we put the whipped cream on top. "This is the happiness we feel when we are at school," Mrs. Crawford said.



Make a Friendship Fruit Salad with your family! Talk to your children about how all of these friendship qualities make up a group of good friends.

## Cactus friends

Get too close and you'll get hurt!

They may pretend to be your friend,  
but they are not.

They make mistake and may  
pretend to apologize.

They pick on you or others.

They want to control you.

They ask you not to tell others  
if they hurt you.

They don't want you  
to have other friends.

They don't let you have a say over things.

They say bad things about you  
in front of you.

They say bad things about you  
behind your back.

They hurt your feelings on purpose.

They make you feel bad  
about the way you look.

They don't care about your opinion.

They like to get you in trouble.

They create stories  
about you that are not true.

They make you feel miserable.

You don't feel safe  
when they are around.

YOU are allergic  
to cactus friends.

## Flower friends

Everyone blooms together!

They genuinely care  
about you as a friend.

They make mistake  
and apologize.

They are respectful of your feelings.

They like you as you are.

They make sure that you are safe.

They understand that sometimes  
you want to play with other people.

You can consult together  
when issues come up.

They will not tease you  
if you tell them to stop.

They will talk to you directly  
if there's a problem.

You can discuss together if you  
have bruised each other's feelings.

They support you  
and encourage you to be yourself.

They respect your opinion  
even if it's different.

They like to play and have fun with you.

They tell the truth.

They make you feel good  
about yourself.

You feel safe with them around.

YOU want to bloom  
with other flower friends.







# 10

POWERFUL CONVERSATION  
STARTERS TO ENGAGE WITH  
YOUR KIDS ABOUT

# FRIENDSHIP



Discuss with your children, by asking these questions, what Friendship is and why it's so important!

What do you think it means to trust your friend?

1

What do you believe are the most important parts of being a friend are?

2

Have you ever disagreed with one of your friends? What about? Are you still friends?

3

What are some "stop signals" that your friends might use to let you know that they don't like what's happening?

4

If you have a disagreement with a friend of yours, what can you do to resolve it?

5

What would you do if you realized that you'd done something to irritate or upset one of your friends?

6

Who is one of your loyal friends? Why do you feel like they are a loyal friend?

7

How do you show that you are loyal, kind and trustworthy to your friends?

8



What would you do if your friends told you not to tell anyone but they were about to do something dangerous?

9



How do you cheer on your friends when they are showing their talents? How do they cheer you on?

10



# 5

## WAYS TO TEACH YOUR CHILD EMPATHY



EDUCATEEMPOWERKIDS

### 1 REMIND HER THAT EVERYONE HAS A STORY.

WHEN YOUR KIDS COMPLAIN ABOUT A FRIEND'S RUDE OR HURTFUL BEHAVIOR, HELP STEER THEM TOWARD LOOKING PAST THE SURFACE INTO WHY THE PERSON MAY HAVE ACTED THAT WAY. IT CAN BE EASY TO TAKE SOMEONE'S BEHAVIOR TOWARD YOU AT FACE VALUE, BUT SO MANY TIMES, OTHER UNSEEN FACTORS ARE INFLUENTIAL.

### 2 MEET YOUR CHILD'S EMOTIONAL NEEDS.

IF YOUR CHILDREN ARE SECURE IN GETTING THEIR EMOTIONAL NEEDS MET, THEY WILL BE MORE ABLE TO DEVELOP EMPATHY FOR OTHERS. TALK WITH YOUR KIDS ABOUT THEIR EMOTIONS, THEIR PERSPECTIVES, AND THEIR NEEDS. BE AVAILABLE FOR THEM AND BE DEPENDABLE.

### 3 ENCOURAGE YOUR CHILD TO FIND THINGS IN COMMON WITH THOSE AROUND HIM.

WHEN YOUR CHILDREN SEE THINGS IN COMMON WITH OTHERS, THEY ARE MORE ABLE TO UNDERSTAND AND SYMPATHIZE WITH THEM AND THEIR SITUATIONS. THIS PROCESS MAKES A CHILD SEE OTHERS AS HUMAN BEINGS RATHER THAN ONE-DIMENSIONAL OBJECTS.

### 4 CALL YOUR CHILD ON HER BAD BEHAVIOR.

IF YOUR CHILDREN DO SOMETHING RUDE OR MEAN TO YOU, CALL THEM ON IT. SETTING LIMITS IN THIS WAY HELPS YOUR CHILDREN UNDERSTAND THE EFFECTS OF THEIR BEHAVIOR ON OTHERS.

### 5 REMIND HIM THAT THERE ARE MANY DIFFERENT POINTS OF VIEW.

TALK ABOUT HOW EVERYONE'S OPINION DESERVES RESPECT. THEY WILL LEARN TO THINK OUTSIDE THEIR OWN VIEWS AND COMFORT ZONE, WHICH WILL MAKE THEM MORE ABLE TO EMPATHIZE WITH OTHER PEOPLE.