

HERE'S the SCOOP

Northpointe Council Inc. Volume 8



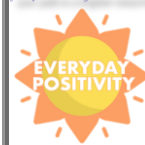
WHEN YOU CHANGE YOUR WORDS, YOU CHANGE YOUR MINDSET

IF I SAY TO MYSELF...

...START THINKING INSTEAD

- | | | |
|---|---|--|
| I'm not good at this! | ➔ | What am I missing here? |
| I'm awesome at this! | ➔ | I'm on the right track. |
| I give up. | ➔ | I just need to find the right strategy. |
| This is just too hard. | ➔ | It's just going to take some time & effort. |
| I can't make this any better. | ➔ | I can improve this, it's just going to take more effort. |
| I can't do Math. | ➔ | I just need to train my brain in Math. |
| I made a mistake. | ➔ | Mistakes are what help me to learn better for next time. |
| They seem so smart. I will never be that smart. | ➔ | I'm going to figure out exactly how they're doing this. |
| It's good enough. | ➔ | Is this really my best work? |

A message from Northpointe



Positive people don't put others down, they help to build them up. Take time to stop and think about the words you choose and how you speak to others. Set yourself a goal to leave a positive impact on everyone you meet!

WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation. But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe**. And **do** the next right thing.

SUPERHERO YOGA



I am brave.
WARRIOR 1 POSE



I am strong.
WARRIOR 2 POSE



I am peaceful.
PEACEFUL WARRIOR POSE



I am kind.
WARRIOR 3 POSE

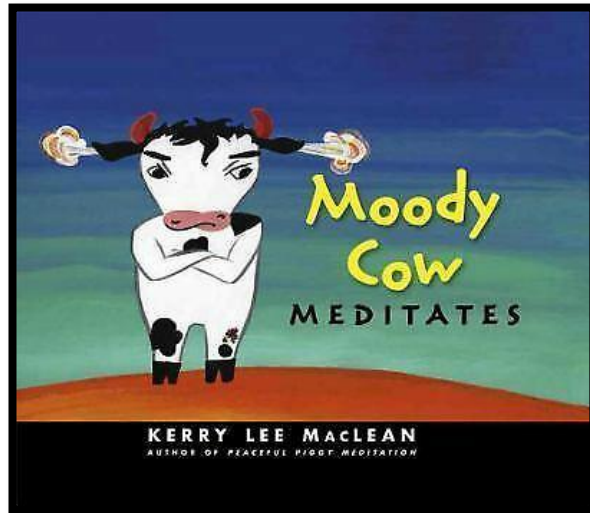


I am a superhero!
HALF MOON POSE

© Kids Yoga Stories



Story Time with Prevention



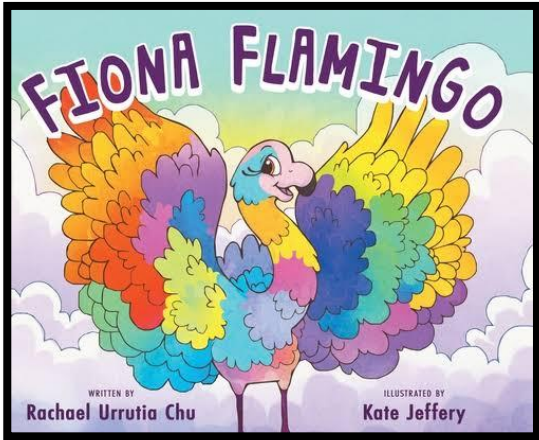
Written and Illustrated by Kerry Lee MacLean
Published by Wisdom Publications

Read by Christina Meyer
Northpointe Council Prevention & Education

<https://youtu.be/sfMbAXM5WqE>

Peter the Cow loses his temper and gets teased by the other kids, they call him Moody Cow! The day gets better when his grandfather teaches him how to settle his mind and let go of his frustration through a simple and fun exercise, teaching kids the power of meditation.

Story Time with Prevention

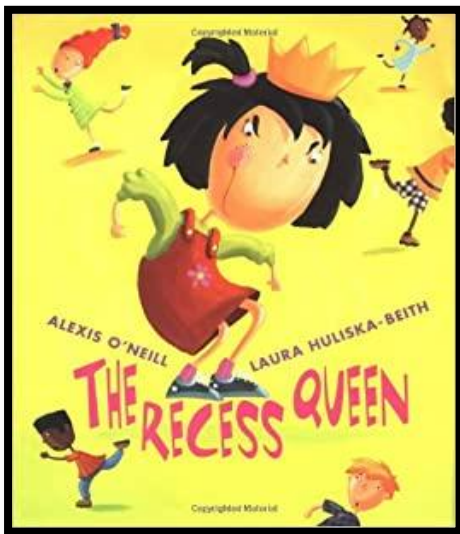


Written by Rachael Urrutia Chu
Illustrated by Kate Jeffery
Published by Puppy Dogs & Ice Cream, Inc

Read by Michelle Seider
Northpointe Council Prevention & Education

<https://youtu.be/HmsYLBVYw80>

Fiona experiences a lot of different feelings throughout this story as she realizes that she is different from her flamingo friends. In this book about feelings, Fiona learns that it is ok to be different and that is what makes her special.



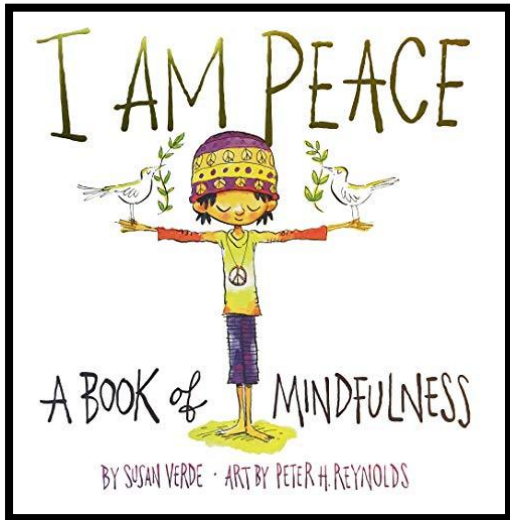
Written by Alexis O'Neill
Illustrated by Laura Huliska-Beith
Published by Scholastic Press

Read by Michelle Seider
Northpointe Council Prevention & Education

<https://youtu.be/k0zdmyx7TAg>

Mean Jean is the Queen of Recess until Katie Sue shows her that it is much more fun to be a good friend by playing together, taking turns and being kind.

Story Time with Prevention

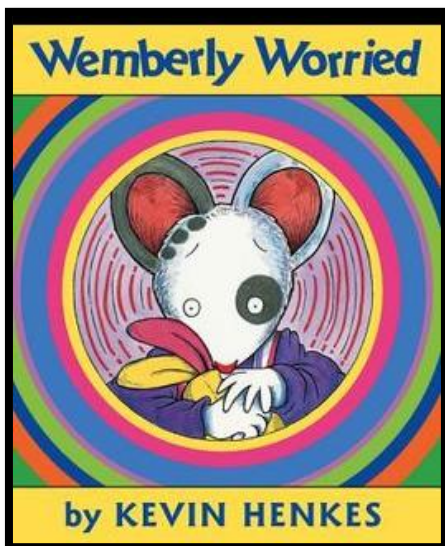


Written by Susan Verde
Illustrated by Peter H. Reynolds
Published by Abrams Books for Young Readers

Read by Amy Chaffee
Northpointe Council Prevention & Education

<https://youtu.be/I-D8mQNMT50>

A book about finding peace and mindfulness during difficult times.



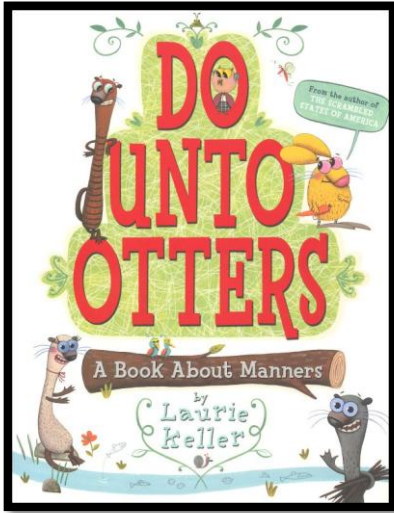
Written and Illustrated by Kevin Henkes
Published by Greenwillow Books
(An Imprint of HarperCollinsPublishers)

Read by Chelsea Crance
Northpointe Council Prevention & Education

<https://youtu.be/6nkDsOTInpE>

Wemberly worries about everything! When it's time for school to start, Wemberly worries even more. It's not until she makes a friend, that her worries start to disappear.

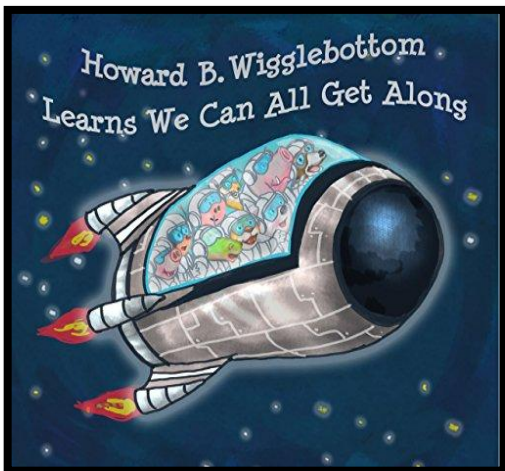
Story Time with Prevention



Written and Illustrated by Laurie Keller
Published by Square Fish (Macmillan Publishers)

Read by Leah Riley
Northpointe Council Prevention & Education
<https://www.youtube.com/watch?v=MWAWo7buMNo>

Rabbit is shocked to find that his new neighbors are Otters! He comes to realize that he should treat his new and unfamiliar neighbors exactly how he would like them to treat him! A book all about manners and getting along with others.



Written by Howard Binkow & Reverend Ana
Illustrated by David A. Cutting and Mike Ferrin
Published by Scholastic

Read by Leah Riley
Northpointe Council Prevention & Education
<https://www.youtube.com/watch?v=vzHfPVODgKQ>

When Howard doesn't get invited to a party, it makes him very sad. This leads him to start thinking about how he treats his friends each day. He learns that he needs to practice being kind to his friends and to treat them the way he wants to be treated.

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

Adventure Academy

•www.adventureacademy.com

Education.com

•www.education.com

Common Sense

•www.commonsense.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



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

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

www.biglifejournal.com

PRAISE

FOR:

- EFFORT
- STRATEGIES
- PROGRESS
- HARD WORK
- PERSISTENCE
- RIISING TO A CHALLENGE
- LEARNING FROM A MISTAKE



NOT FOR:

- BEING SMART
- BORN GIFTED
- TALENT
- FIXED ABILITIES
- NOT MAKING MISTAKES

SAY:

- "YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
- "WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"

SAY:

- "YOU CAN'T DO IT YET."
- "YOU DON'T KNOW IT YET."

"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"



GROWTH MINDSET
YOU CAN
GROW YOUR
INTELLIGENCE

VS

FIXED MINDSET
YOU CAN'T
IMPROVE
NATURAL ABILITIES
YOU WERE
BORN WITH



BRAIN CAN GROW

SAY:

- "YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"

FAILURES AND MISTAKES = LEARNING

SAY:

- "YOU CAN LEARN FROM YOUR MISTAKES."
- "MISTAKES HELP YOU IMPROVE."
- "LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."



ASK

- "WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
- "WHAT NEW STRATEGIES DID YOU TRY?"
- "WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
- "WHAT DID YOU TRY HARD AT TODAY?"



RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.



How to Achieve Your Goals

- 1 Take action.
- 2 Try hard.
- 3 Keep practicing.
- 4 Explore a different way.
- 5 Ask someone for advice.
- 6 Do your best.
- 7 Learn how others did it.
- 8 Build upon your strengths.
- 9 Review and fix mistakes.
- 10 Don't give up.

YourTherapySource

Fun



GOAL-SETTING ACTIVITIES

for children

by Big Life Journal

1 MAKE A FAMILY BUCKET LIST

- Gather your family together, grab a piece of paper and some markers.
- Brainstorm a list of accomplishments, experiences, or achievement goals.
- At the end of the year, you can look back over all of the things your family has accomplished!



2 DRAW A WHEEL OF FORTUNE



- Draw a wheel divided into segments, much like what you would do with a pizza.
- On each segment, your child will write important categories in their life: Family, Friends, School, etc.
- For each category, she will write out goals she would like to accomplish in a set period of time.

3 CREATE A VISION BOARD

- Take some old magazines and ask your child to cut out pictures that represent her hopes and dreams.
- Paste these pictures onto a piece of poster board and decorate with colors, glitter, stickers, etc.
- Ask your child what different pictures represent and how she plans to achieve her dreams.



4 PLAY 3 STARS AND A WISH



- Have your child come up with 3 "Stars," or things she does well. This can be anything from running fast to to comforting her friends when they're feeling sad.
- Have your child come up with a "Wish." The "Wish" is something that your child needs or wants to work on (a goal).

5 ASK FUN QUESTIONS

- Ask, "What would you do if you won the lottery? If you had a superpower, how would you use it?"
- Discuss that they can take their fate into their own hands by making a plan to achieve their hopes, goals, and dreams.



GOALS

2 FAVORITE MEMORIES

3 THINGS I'M GRATEFUL FOR

1 HARD LESSON I LEARNED!

1 THING I DID THIS YEAR I'M PROUD OF

3 PLACES I WANT TO GO

2 WAYS I CAN HELP OTHERS

1 THING I WANT TO GET BETTER AT

2 THINGS I AM LOOKING FORWARD TO

3 NEW THINGS I WANT TO TRY

HOW TO RAISE RESILIENT KIDS WHO NEVER GIVE UP

BASED ON SCIENCE



1 Be a Supportive Role Model

Model resilient behaviors. Be calm and consistent. Admit your own mistakes and talk about how you'll get better next time.



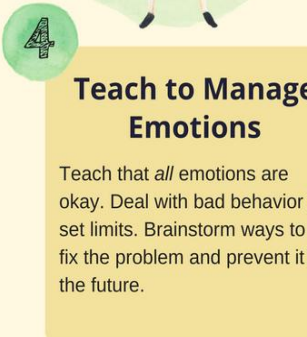
2 Let Them Make Mistakes

Let them see the *consequences* of their actions. They will learn how to bounce back from their mistakes and do better next time.



3 Praise The Right Way

Give "process praise" by focusing on *strategies, progress, or effort*: "I can tell you've been working really hard." or "You really understand decimals."



4 Teach to Manage Emotions

Teach that *all* emotions are okay. Deal with bad behavior to set limits. Brainstorm ways to fix the problem and prevent it in the future.



5 Teach to Problem Solve

Don't rush to solve problems for them or tell them the solution. Brainstorm solutions to address the challenge. Discuss potential consequences of each solution.



5

HABITS OF RESILIENT KIDS

1

THEY HAVE POSITIVE SELF-TALK

Resilient children use positive self-talk to help them negotiate tricky or potentially tricky situations. "I will be fine, I will make friends on the first day of school and have a fun time."

2

THEY ARE OFTEN LESS ANXIOUS

Resilient kids often have less anxiety as they are not worrying about 'what is coming next'. They know chances are good that they will be able to move through and overcome the situation somehow.

3

THEY HAVE HIGHER SELF-CONFIDENCE

Resilient kids often have higher self confidence due to having learnt that they **CAN** move through tricky situations, even if it's with the help of others. They know they will be OK on the other side.

4

THEY UNDERSTAND HARD WORK = REWARD

It does take hard work sometimes to 'bounce back' from a hard situation. But those children who have seen and lived this can better understand that hard work = the reward of moving past the situation.

5

THEY CAN OFTEN THINK MORE OBJECTIVELY

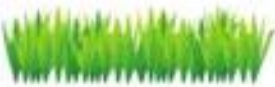
Children who have been through hard things and learnt coping skills already have a thinking structure around problem-solving and can therefore often think of better and more creative solutions.

25 DAY GRATITUDE CHALLENGE

1. Someone you're thankful for
2. Something that makes you smile
3. A food you love
4. Someone that goes unnoticed
5. A favorite book and movie
6. A favorite animal
7. Something unique about you
8. Something beautiful
9. Something that challenges you
10. Beautiful art
11. Something happy
12. A favorite song
13. Something funny
14. Something unique
15. Your favorite foods
16. Something that's helped you
17. Someone in your family
18. A favorite sound
19. Something sweet
20. Freedom
21. A good friend
22. A favorite smell
23. Someone who has taught you something
24. Someone who has helped you
25. Someone you love

OUTDOOR SCAVENGER HUNT

Check off each item when you find it!



It's a
fact
that
every

one
is
PROOF that
you

are
THE
BEST
MIND
GAMES

I GROW
my BRAIN
by
LEARNING
HARD things

A decorative poster with the text "I GROW my BRAIN by LEARNING HARD things" in various stylized fonts. The word "BRAIN" is inside a brain-shaped bubble, and "LEARNING" is in a bubbly font. There are small flowers scattered around the text.