

What you will  
find this  
week:



CHILD MIND  
INSTITUTE

**MAY IS MENTAL  
HEALTH AWARENESS  
MONTH  
RESOURCES**

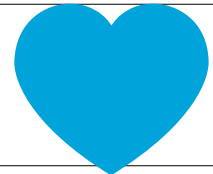


**DIY CLAY  
FUN ACTIVITIES TO  
TRY AT HOME**



**MY 2020 TIME CAPSULE**

# ALOHA HALE'IWA



## Our purpose

These are unprecedented times. We are all struggling at the moment. We hope this newsletter provides you with strategies to help. Please let us know if there are any topics you would like to read about. We miss everybody! Please be safe!

## Rylie's Corner

This week: Dancing with Rylie

### Family Dance Challenge

We are getting close to summer and Rylie would love to see your happy dances. There will be prizes. Winners will be randomly chosen from all the entries.



Rules:

- Take a 15 to 20 second video of your family happy dance
- Send your video to [ryliem@haleiwa.k12.hi.us](mailto:ryliem@haleiwa.k12.hi.us)
- The deadline is Sunday, May 24th
- Have fun!



**My Day**

So much of life has changed during these times, especially our daily routine. Describe your new routine in the spaces below.

**Morning:**

**Afternoon:**

**Evening & Bedtime:**

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If your child is showing signs of mental health concerns, please reach out to the counseling support staff. We are here to help!

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## Resources and Help for our Families and Community

Here are this week's resources. Reach out to Ms. Nakamura if your family needs help with a particular community resource. She is happy to assist you in the best way possible!

### **Mental Health America of Hawaii - <http://mentalhealthhawaii.org/online-resources/>**

For over 75 years, Mental Health America of Hawaii has been Hawaii's leading mental health education and advocacy organization. The Hawaii Department of Health and University of Hawaii JABSOM are working together to provide Hawaii residents with online telepsych services to talk to a professional about worries, stress, anxiety, or other concerns. The first visit and maybe more are free.

### **The National Federation of Families for Children's Mental Health (NFFCMH) - <https://www.ffcmh.org/resources> & <https://www.ffcmh.org/cmha-activities-for-youth>**

NFFCMH is a national family-run organization linking more than 120 chapters and state organizations focused on the issues of children and youth with emotional, behavioral, or mental health needs and their families. They provide resources based on specific topics and roles in the community to help you find the information you're looking for quickly and easily, as well as COVID-19 resources which includes videos, toolkits, activities to use at home and more to support parents and caregivers and their children during the COVID-19 pandemic.

### **The Child Mind Institute - <https://childmind.org/>**

When a child is struggling, the whole family is affected. At the Child Mind Institute we want to help you make good decisions for your kids and navigate the challenges of parenting. We explore the concerns and challenges we hear about most from parents and provide expert guidance on how to respond in the most effective way. And if you have a child who needs support, we offer resources that can help you get the best care for that child and the best outcome for your family.

### **North Shore Food Bank Upcoming Distribution Dates:**

- May 20 (Wednesday) at 12:00 noon - Waialua Community Association
- May 27 (Wednesday) at 12:00 noon - Waialua District Park

## *My 2020 Time Capsule*

Ideas for creating a time capsule:

- Photos from this time
- Local newspaper cutouts
- A letter from your parents
- Cards from friends and family
- Artwork
- A letter to yourself
- List of things that were hard to find
- Family handprints
- Journal pages

We are including pages from Big Life Journal to help you get started with your 2020 Quarantine Time Capsule at the end. Imagine how interesting it would be for you to remember in the future all the things you did during this very unique time in history. Get together with your family and create your time capsule. Here is the link for all pages: [Big Life Journal](#)

### **Hawaii Foodbank's Food Assistance Program - Click here**

There are several food pantries and mass distribution sites in the Haleiwa/Waialua communities. I suggest calling the site before going to ensure that they are open, as information is quickly changing.



Are you having a hard time keeping your young child(ren) occupied during this stay at home time? Special Olympics Hawaii and our Young Athletes staff would like to help you with that.

Every Saturday at 10am, we are holding a Young Athletes Story time and group movement activity. The activity will be around 15 minutes.

- Welcome
- Story time with movement activity
- Group moving activity
- Parent time

How to Access:

1. Log into Zoom.com on your computer or cell phone
2. Click on Join Meeting
3. Enter ID# 837 3827 7065
4. If this is your first Zoom meeting it may ask you to Download their Application. That only takes a second or two.
5. If it does not open right away click on [click here](#) to launch, then Open Zoom Meetings.
6. The event will begin when Marie and Mahina join.

**We can't wait to see you any Saturday beginning May 2<sup>nd</sup>.**

### **Special Olympics Hawaii (SOHI) -**

SOHI will be holding virtual "Young Athletes Story Time and Group Movement Activities" every Saturday at 10:00 am. The target group is children between the ages of 2 and 8 years old but children of all ages are welcome!

## **ClassDojo: Katie Discovers the Dip**

Website link: <https://ideas.classdojo.com/i/perseverance-the-dip-1>

The Growth mindset topic is done, let's now focus on perseverance.

In this week's ClassDojo lesson, Mojo and Katie decide to enter an art competition, but Katie gets stuck in The Dip.

After watching the video as a family, try to answer these three questions together to reinforce the concept at home:

1. What is "the dip"?
2. Discuss an example of a time you've felt the dip (student shares and parent shares). How did it feel?
3. How does what we've learned about growth mindset help us get out of the dip?

## **Please vote for us!**

Go to this site to help us win a refillable bottle water fountain: [Click here to vote](#)

1. Hale'iwa Elementary School - Wave Goodbye to Plastic Waste



☐ I like this one!



# Social Emotional Learning

## (WHILE YOU WATCH TV SHOWS AND MOVIES)

While it's important not to spend all day in front of the TV or a tablet, a little screentime isn't bad AND you can do some social emotional learning while you watch together! Here are some questions you can talk about:

What were some of the choices that the characters made?

How do the characters feel? How can you tell what their feelings are?

Which characters were friends? How did they show friendship to each other?

Did the characters change at all during it? How? Why do you think the change happened?

Did any of the characters get really upset? What did they do to take care of or cope with their feelings?

What would you do differently if you were one of the characters?





# FAMILY CONFLICT QUESTIONS

While family members are spending extra time at home, there is sure to be more conflict than usual. This is normal and to be expected! But some conflicts can be really harmful. Here are some questions you can ask your children to 1) help them develop empathy, 2) restore family relationships, and 3) hopefully prevent future negative incidents.

What were you feeling when it happened? How do you feel now?

What were you wanting and needing when you made that choice?

How did doing that hurt your brother/sister?

What will you do differently next time?

What was your brain saying? What were you thinking?

What do you need to feel better and move on from this?

What can you do to fix this and make it better?



# AIR DRY CLAY- AN EASY DIY CLAY RECIPE

Adapted from The Kitchen Table Classroom <https://www.kitchentableclassroom.com>

Use this simple DIY recipe to learn how to make air dry clay with everyday, household ingredients. This DIY clay is silky smooth and pure white; a super sensory activity no matter what you choose to make with it!

## INGREDIENTS:

- 1 1/2 cups cornstarch
- 1 cup white school glue (Elmer's glue by the gallon is cheaper than small bottles)
- 1 Tablespoon white vinegar
- 1 teaspoon lotion
- 1 Tablespoon baby oil

## HOW TO MAKE AIR DRY CLAY, THE EASY WAY...

Mix all air dry clay ingredients together in a large mixing bowl till smooth. Chances are your DIY clay will still be sticky mess at this point. Do not panic- this is normal and it *will* get better!

Start with the ingredient amounts listed above and slowly add bits more cornstarch until the mixture can hold no more. Add just a little at a time. Soon the air dry clay will go from being sticky to smooth, stretchy, and super soft. You'll know you have added enough cornstarch when it becomes difficult to mix more in.

There's quite a bit of wiggle room for getting this mixture "just right" so don't hesitate to let your kiddos get in there and do the dirty work of mixing and measuring!

## PREPARE YOUR COUNTER....

Prepare a clean counter with extra cornstarch spread out much like you are rolling out a piecrust. Splash a little cornstarch on your hands as well. Turn clay out onto counter and knead it like dough. If it's still sticky, add tiny bits of cornstarch at a time and the air dry clay recipe will absorb it. Try to stop adding cornstarch before the clay starts to feel dry and stiff. We have revived air dry clay that got a bit too dry with a tiny splash of additional baby oil. It doesn't have to be perfect for it to be super fun, a great memory, and a totally usable ball of homemade air dry clay to craft with!

## READY TO USE AIR DRY CLAY...

At this point your DIY clay is ready to use. Mold it, make, let it dry- it's really that simple. The drying time will depend on the thickness of the finished clay product. Projects that are super thick will take longer to dry while thinner projects made with this air dry clay recipe should be dry in a day or so.

I've used many DIY clay recipes that looked awesome when they were wet but when they dried they left behind a cracked mess. We have made this air dry clay recipe over and over and have *never* had a cracked project. I'm not saying that it can't happen but it's more than likely you'll end up with a great finished project.

## PREPARING YOUR AIR DRY CLAY AHEAD OF TIME...

If you're not ready to use your air dry clay quite yet or you have leftovers you can wrap it up and save it for later. Spread a layer of cling wrap with a squirt or two of lotion and wrap tightly around your DIY clay. This keeps the air dry clay from sticking to the wrap; not necessary but definitely helpful. Put in the fridge and store for up to a week.

# WHAT TO MAKE WITH YOUR DIY CLAY

Now that you know how to make air dry clay the possibilities are endless.

## COLORED AIR DRY CLAY....

<https://www.kitchentableclassroom.com/colored-clay-air-dry-clay-diy/>

Another fun possibility is to learn how to make colored air dry clay! Add one additional ingredient (liquid or gel food coloring) and making air dry clay turns into a color mixing experiment. The finished product won't even need to be painted, the color is already there!

Divide your air dry clay into three or four sections, or as many as you want different colors. Place each portion of clay in a clean bowl and cover with a layer of plastic wrap so the clay doesn't dry out while you're working. Add a few drops of liquid or gel food coloring and use a spoon or spatula to begin to mix the food coloring into the clay. This prevents the food coloring from going straight onto your hands as it might if you started mixing with your hands. As soon as the color has started to distribute into the clay then add hands! Your child may still get some color on their hands as they knead the clay. Food coloring washes off in a day, most of it immediately. This doesn't bother me at all. If it bothers you just be sure to most of the mixing with a spoon. After the color is mixed into the clay it won't leave any significant amount of color on hands. If the clay is still sticky at this point just add a dusting of corn starch.

## AIR DRY CLAY TEXTURE PENDANTS....

<https://www.kitchentableclassroom.com/textured-clay-pendant-air-dry-clay/>

These are such a fun, simple activity that results in the sweetest little necklace pendants. This is a great project when you're looking for a gift or finished product that really "pops" but isn't a cookie cutter craft! If you're working with a larger group these also take very little clay and very little storage room while they dry!

## LEAF BOWLS FROM DIY CLAY....

<https://www.kitchentableclassroom.com/leaf-bowls/>

These leaf bowls are another great example of how to use this DIY clay. These are so pretty and colorful. Nature provides the shape and details of these bowls. We finished ours with watercolor and oil pastel but there are lots of possibilities! These are a great project for any age or skill level. I can see these being really successful in class with kids or adults that may have special needs and need accommodations.





# Tips & Activities to Make Quarantine Fun For Children

Adapted from: [biglifejournal.com](http://biglifejournal.com)

1. **CREATE POSITIVE MEMORIES** for your children to talk about in the future. For example, do weekly theme nights, create a family gratitude tree, or let your children camp out in the living room. Focus on connection, relationships, gratitude, and having fun.
2. **ESTABLISH A LEARNING ENVIRONMENT** that works best for your family. Don't replicate the classroom. Each family has its own unique circumstances. Allow for flexibility, fun, and creativity.
3. **GIVE YOUR CHILD SOME FREEDOM** to choose what they want to learn.
4. **ADD A WEEKLY TRADITION** to your family so everyone has something to look forward to. For example, you can do family movie nights, cook recipes from different cultures, or do a video call with a different relative each week.
5. **BEGIN THE DAY WITH "FAMILY TIME."** Every day, a different person decides what the family does for the first hour of the day. For example, it can be puzzles, card games, a family walk, etc. It's empowering for each family member to feel a sense of collaborative control and ownership each day.
6. **FILL A HEALTHY SNACK BOX AT THE START OF THE DAY.** Your child can choose when they snack and how often. When the box is empty, that's it for the day.
7. **TAKE A SHORT BREAK WHEN THINGS GET DIFFICULT.** Do not think too far ahead. Take one step at a time.
8. **ENCOURAGE YOUR CHILDREN** to learn something they've never done before.
9. **LEARN A NEW SKILL YOURSELF!** For example, practice meditation, take a positive psychology course online, or learn origami. By showing children that learning is truly a lifelong process, we set a great example for them to follow.

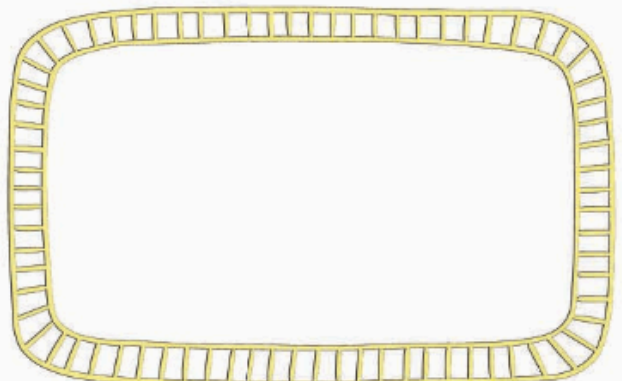
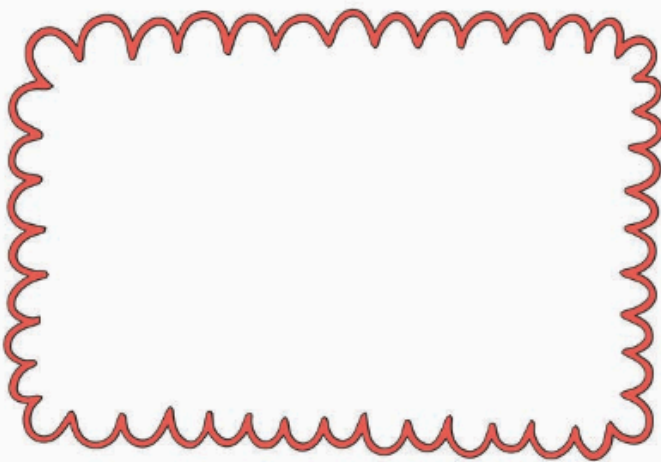
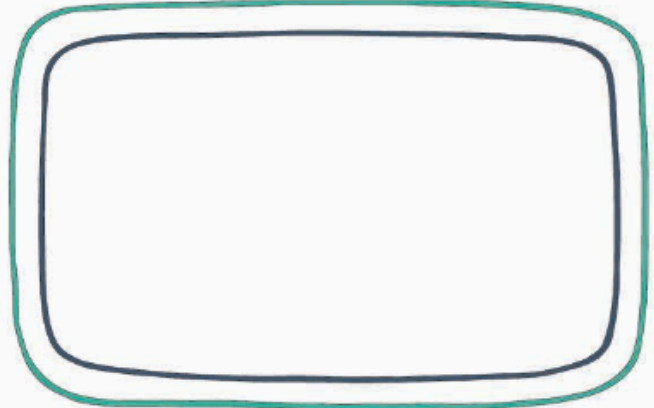
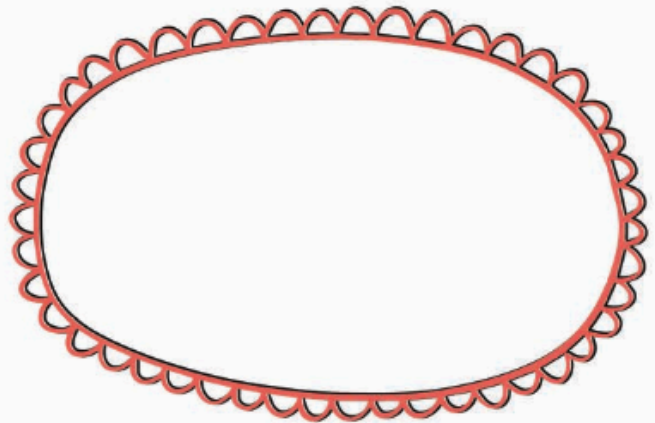
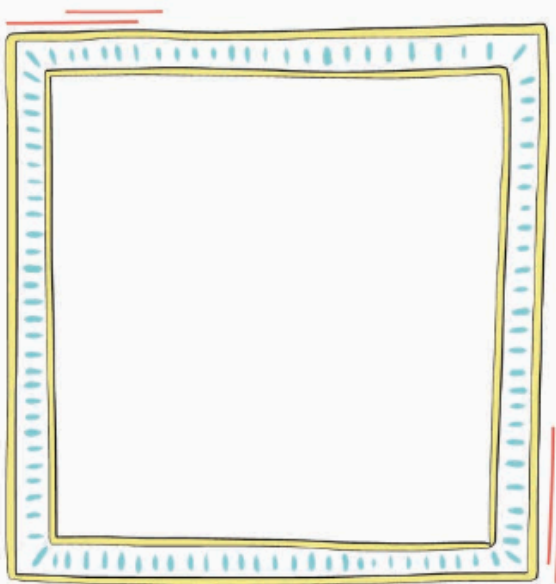
JL8 #6 BY YALE STEWART



Mahalo to our contributors: Ms. Yonting, Mrs. Dolan, Mrs. Menor, Mr. Myers, Dr. McDonald, Mrs. Nakamura, Mrs. Mikasa, Ms. Santos, and Yale Stewart

# New Activities, Rituals, and Celebrations

What new rituals, activities, and celebrations your family tried during this time? Fill in the frames below to document your favorite ones!



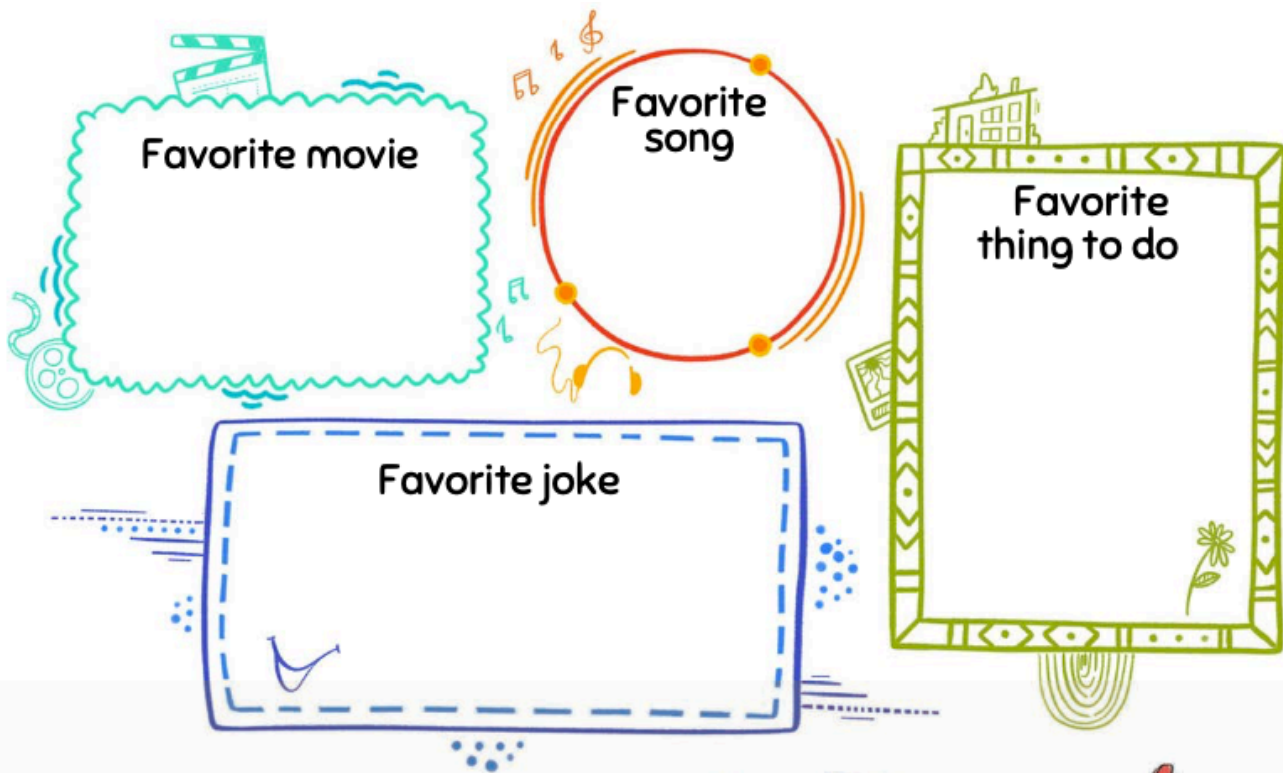
"We Are Grateful"  
Because We...

CAN

ARE

HAVE





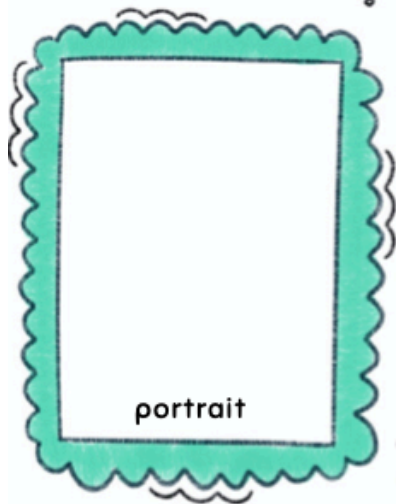
# My Current Favorites



# Interviewing My Parents



DATE: \_\_\_\_\_ INTERVIEWED BY: \_\_\_\_\_



What is something  
you are proud of?

What are 3 things you're  
grateful for?

1.

2.

3.

What do you enjoy the most about  
staying at home?

What do you wish we did  
more as a family?

What are you looking forward to after this?

Favorite thing you did lately

Favorite recipe you tried

Favorite game we played