

## Tips to get through Covid – Day 1

The current world situation has given each of us a chance to renew and refresh our own personal spirits. And as we all know, you can not help another unless you have helped yourself. Please review some of the tips we have heard and researched and add to the list so we can continue to share throughout all of our ONECA membership

1. Make old school telephone calls so you can hear people's voices and match your tone of voice with happy pleasant sounding tones.
2. Make a list of five questions that you know would engage a person to answer and release negative or confusing energy (ie. What is your highlight of the day?)
3. Schedule family theme events (ie. Pyjama party, favourite sport party, hunting theme, game night, etc.)... any other cool ideas? Please share.
4. Give permission to children and/or youth to plan the menu for the week (P.S. It is a chance to see if your children know how to eat healthy... P&B sandwiches for dinner could make a comeback!)
5. Find a positive meme or quote and be sure to share that on your social media.
6. Be thankful and say it publicly (Try doing it at dinner or before bedtime so the family hears it)
7. Encourage "active interest" (be nosier) and allow for more creative questions with no judgement.
8. Learn a new craft or skill or practice (ex. An instrument, hunting, cooking, snaring, bead work, baking, etc.) and share it with your friends and family
9. Plan an old school games night with your household, safe bubble or online. Try Scrabble, Yahtzee or Cribbage.
10. Make an old school yule log with white birch and gift a community elder, so your heart feels as good as theirs will
11. Ask grama, grampa or an elder to teach an old craft that only requires nature for products. (ie. Bucket of sand, evergreen branches, red willow sticks, white birch, and ribbons.
12. Have your child make old school Christmas Cards with crayons and help write beautiful messages inside.
13. Grab some friends, practice some Christmas carols and go caroling safely in your community
14. Grab some evergreen branches, tie in the centre and make a horizontal wreath to hang over your house
15. Choose a meal with ingredients that you can find at home and make a dinner schedule for the week. Feature a different "chef" each night. (Ex. Monday – Dad, Tuesday – Mom, Wednesday – Sister, Thursday – Brother, etc.)