



The *Finding Hope Through Caring* workbook is intended for youth in Nunavut communities to use for daily information, tips and self-care.

The workbook is available in English, French and Inuktitut.



Finding Hope Through Caring

Implementation Guide
Grades 4 to 7

Tips

 Online Tools

 Activities

 Resources



[Link to Materials](#)

Each Page Contains:

- A 20 minute activity
- Useful information and resources

How to Use:

- ✓ Incorporate one of the activities into your lesson
- ✓ Use when you have extra time
- ✓ Use when everyone needs a little break!

Lesson Topics

Health

- Self-care (page 3)
- Feeling Anxious? (page 4)
- Positive Thinking for Tough Times (page 5)
- Shift Your Focus (page 6)
- Managing the Emotional Roller Coaster (page 7)
- Calm Your Fears (page 8)
- Stick to Routines (page 9)
- Staying Positive (page 11)
- Being Patient (page 10)
- Self-care for Sleep (page 12)

Other Topics

Healthy Relationships

- Stop the Hurt (page 18)
- Create a Safety Plan (page 19)
- Finding Support (page 20)
- Ways to Stay Connected (page 26)
- Ways to Maintain Healthy Relationships (page 27)
- Remembering Our Loved Ones (page 31)

Science

- All My Relations (page 29)

Helping Others

- Helping Others (page 13)
- #ItsNotAboutYou (page 25)
- Reaching Out (page 32)

Social Studies

- Get the Right Information (page 14)
- Different Points of View (page 30)

Just for Fun

- Sharing Positive Messages (page 33)
- A New Normal (page 35)
- Create a Time Capsule (page 37)
- Connect with Culture (page 38)
- Household Scavenger Hunt (page 40)
- Dreams and Goals (page 41)

Physical Education

- Relieve Stress (page 34)

Language Arts

- Journaling (page 39)