

MENTAL HEALTH AWARENESS MONTH

Indoor Fitness Scavenger Hunt

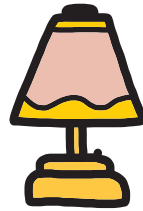
Find the following items in your home. When you find them, do the listed exercise. You can do this as a family, a competition with siblings, or on your own.



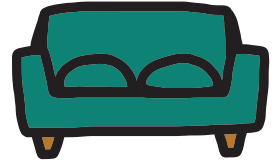
PEN/PENCIL
10 MOUNTAIN CLIMBERS



SOAP
10 AIR PUNCHES



LAMP
5 PUSH-UPS



COUCH
10 CRUNCHES



TABLE
BALANCE ON LEFT LEG
FOR 15 SECONDS



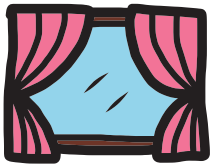
BED
10 JUMPING JACKS



BROOM
10 SQUATS



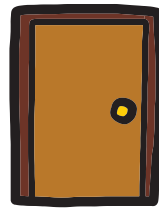
PLANT
10 ARM CIRCLES



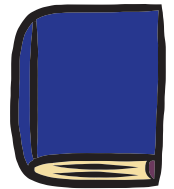
WINDOW
20 HIGH KNEES



CLOCK
10 AIR KICKS



DOOR
10 TOE TOUCHES



BOOK
10 SECOND WALL SIT



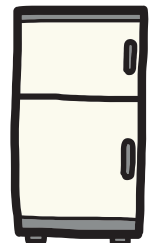
SHOWER
DANCE FOR 20
SECONDS



JACKET
15 SECOND PLANK



CHAIR
BALANCE ON RIGHT LEG
FOR 15 SECONDS



FRIDGE
10 LUNGES

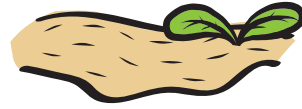
MENTAL HEALTH AWARENESS MONTH

Outdoor Sensory Scavenger Hunt

Complete the following actions outside using your senses. You can do this as a family, a competition with siblings, or on your own.



WATCH AN
INSECT MOVE



PUT MY FINGERS
IN SOIL



FEEL WIND
ON MY FACE



FIND A PATTERN OR
DESIGN IN NATURE



TOUCH THE
BARK OF A TREE



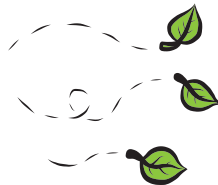
LISTEN FOR
BIRDS CHIRPING



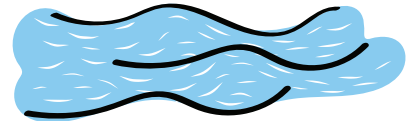
GRAB A STICK FROM
THE GROUND



LOOK AT THE
CLOUDS (OR SKY)



SMELL THE
SPRING AIR



LISTEN FOR
WATER RUNNING



FIND A
UNIQUE ROCK



LOOK FOR
ANIMAL TRACKS

MENTAL HEALTH AWARENESS MONTH

Healthy Snacking

Make sure your snack is both nutritious and delicious! Next time you are searching for a snack, try one of these nutritious snack ideas:



DRY FISH OR DRIED SEAL MEAT

FRESH FRUITS AND VEGETABLES

CARIBOU OR MOOSE JERKY

APPLE WITH NUT BUTTER

PUMPKIN OR SUNFLOWER SEEDS

SALMON SALAD ON WHOLE-WHEAT TOAST

CELERY WITH NUT BUTTER AND RAISINS

OLIVES

ORANGES OR TANGERINES

DRIED SEAWEED

FROZEN GRAPES

STRING CHEESE

POPCORN

BERRIES

DRIED FRUIT

NUTS

YOGURT

CARROTS WITH HUMMUS

WHOLE GRAIN CRACKERS

COTTAGE CHEESE

HARD-BOILED EGG

BEAN DIP



Tips for Healthy Snacking

READ THE NUTRITION FACTS LABEL

Pay attention to the added sugars, salt and saturated and trans-fats. Consuming too much of these ingredients often replace healthy nutrients.

AVOID SNACKS THAT LIST SUGAR AS ONE OF THE FIRST FEW INGREDIENTS

Foods and drinks that list sugar or corn syrup as one of the first ingredients are not healthy snack choices. Fresh fruit, for example, is a better choice than a fruit-flavored drink.

PAY ATTENTION TO THE SERVING SIZE

Packaged snacks often include multiple servings and it is easy to eat more than the recommended serving. For example, nuts are a healthy snack, but the serving size is a small handful.

AVOID EATING STRAIGHT FROM THE BAG

If you snack straight from the bag, it is very easy to eat too much. Always portion out an appropriate serving and put the container away before you start snacking.

PICK FOODS THAT ARE HIGH IN FIBER AND WATER.

Foods that are high in fiber help with digestion and foods that are high in water help keep you hydrated. For example, an apple is a better snack choice than cookies or chips.

MAKE YOUR OWN HOMEMADE SNACKS

When you make your own food, you know exactly what is in it and it allows you to add your own nutritious ingredients.

CHOOSE SNACKS THAT INCLUDE FRUITS, VEGETABLES, WHOLE GRAINS, AND LOW-FAT DAIRY

REPLACE SWEET SNACKS WITH NATURALLY SWEETENED FOODS

Fresh and dried fruit are better than foods and drinks that contain added sugar.

EAT PROTEIN AND CARBOHYDRATES TOGETHER

Eating protein and carbohydrates together helps keep you feel fuller for longer. Examples of snacks that include both protein and carbohydrates include: apple and string cheese; whole wheat crackers with peanut butter; carrots and hummus, or plain yogurt and fresh fruit.

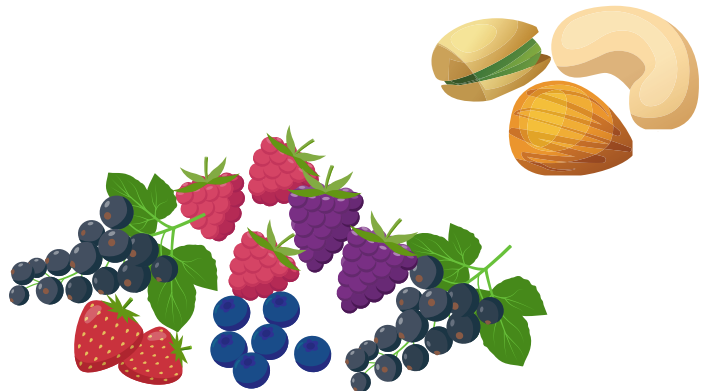
REPLACE THE CANDY DISH WITH A FRUIT BOWL

REPLACE UNHEALTHY SNACKS WITH TRADITIONAL FOODS AND FRUIT

Traditional foods examples include dried fish, seal meat, moose, or caribou, berries, muktuk, smoked fish, or salmon salad. Fresh fruit examples include apples, oranges, berries, bananas, melon, etc.

PUT SNACKS IN SMALL CONTAINERS OR BAGS SO THEY ARE EASY TO GRAB ON THE GO

This will prevent you from getting unhealthy snacks when you're out and about and will also help you with portion control.



MENTAL HEALTH AWARENESS MONTH

Seven Days of Gratitude

Reflecting on what is good in life and what brings us joy allows us to develop an attitude of gratitude. For the next seven days, jot down three things you are thankful for.

DATE: _____

TODAY I AM THANKFUL FOR:

- _____
- _____
- _____

DATE: _____

TODAY I AM THANKFUL FOR:

- _____
- _____
- _____

DATE: _____

TODAY I AM THANKFUL FOR:

- _____
- _____
- _____

DATE: _____

TODAY I AM THANKFUL FOR:

- _____
- _____
- _____

DATE: _____

TODAY I AM THANKFUL FOR:

- _____
- _____
- _____

DATE: _____

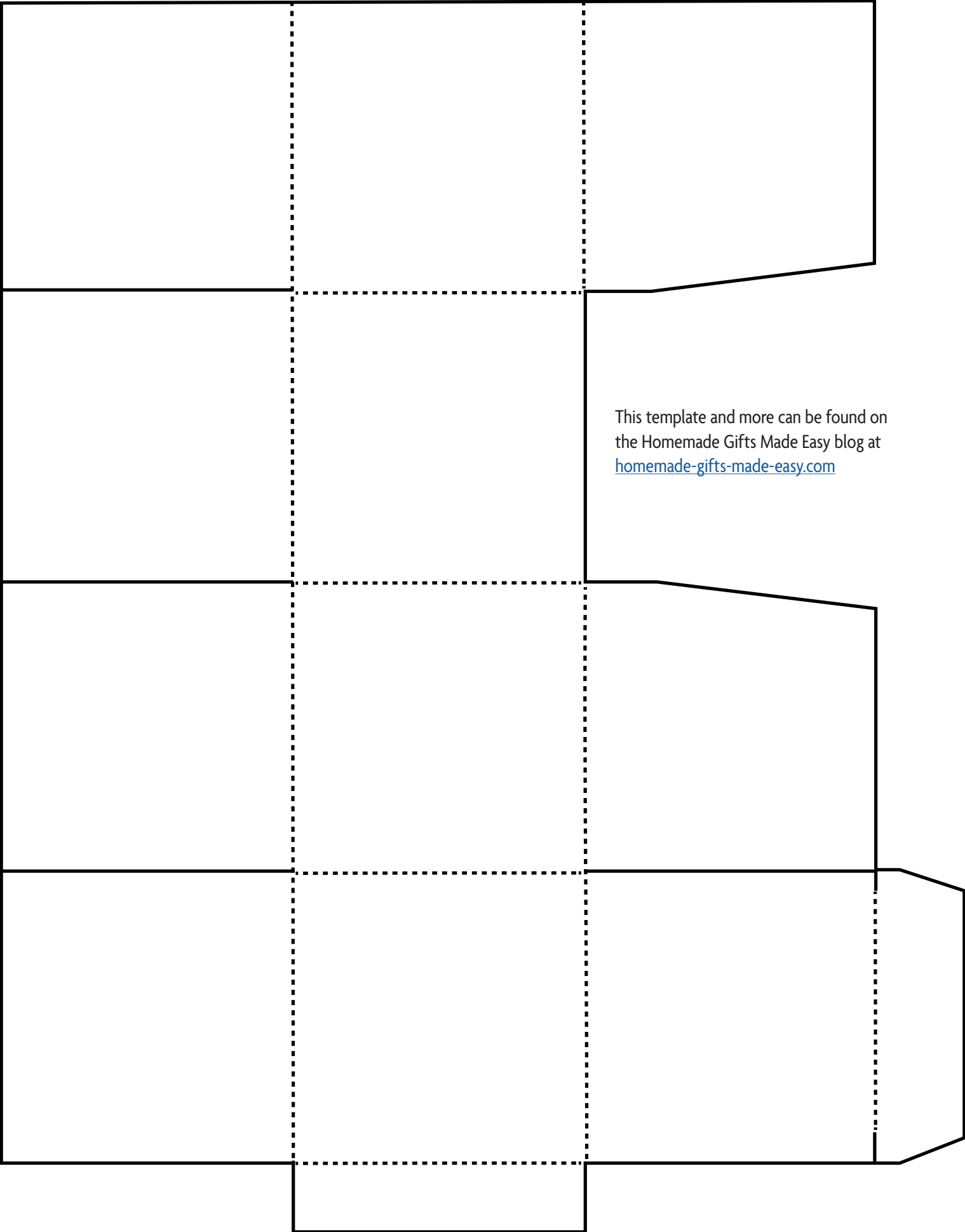
TODAY I AM THANKFUL FOR:

- _____
- _____
- _____

DATE: _____

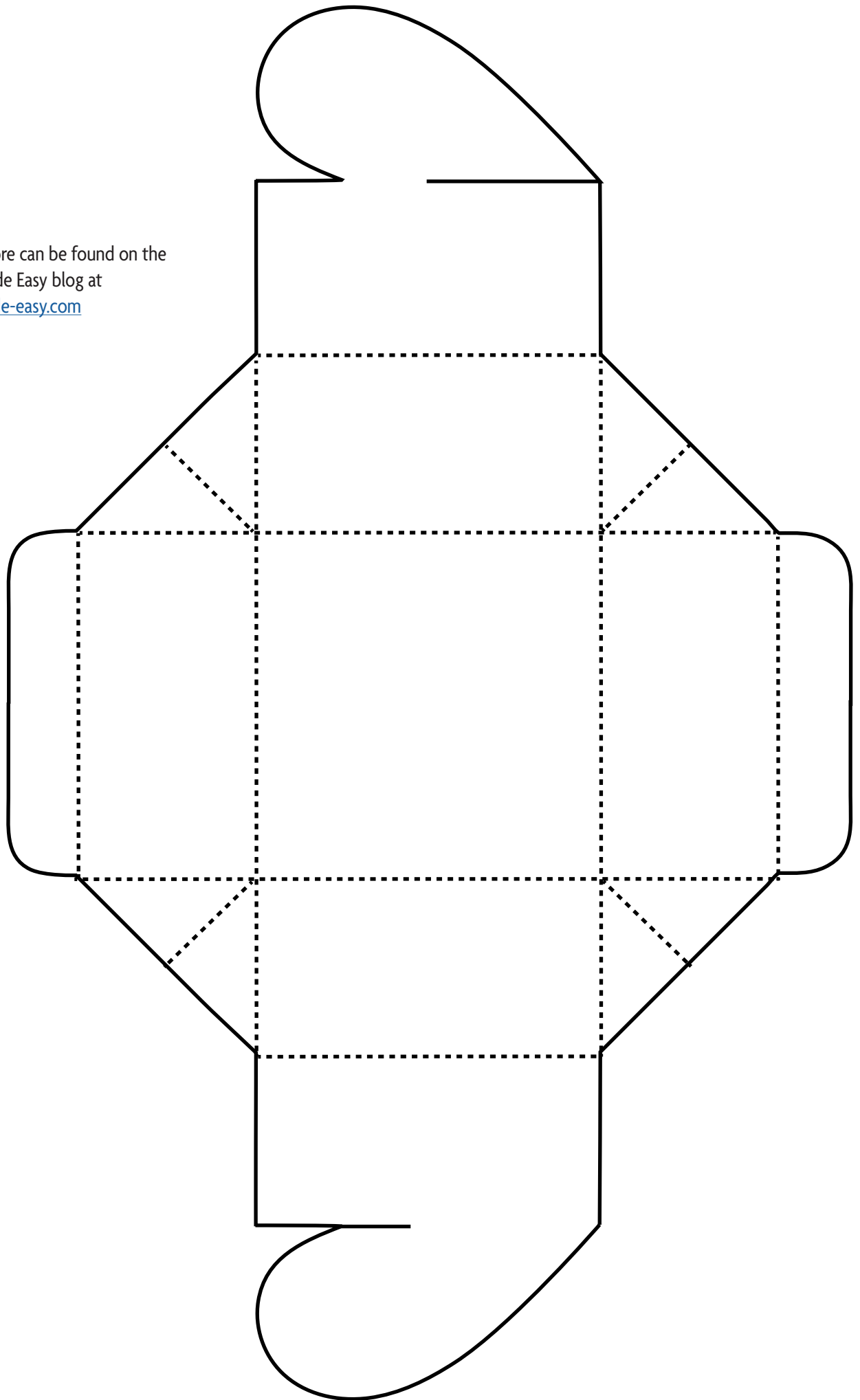
TODAY I AM THANKFUL FOR:

- _____
- _____
- _____

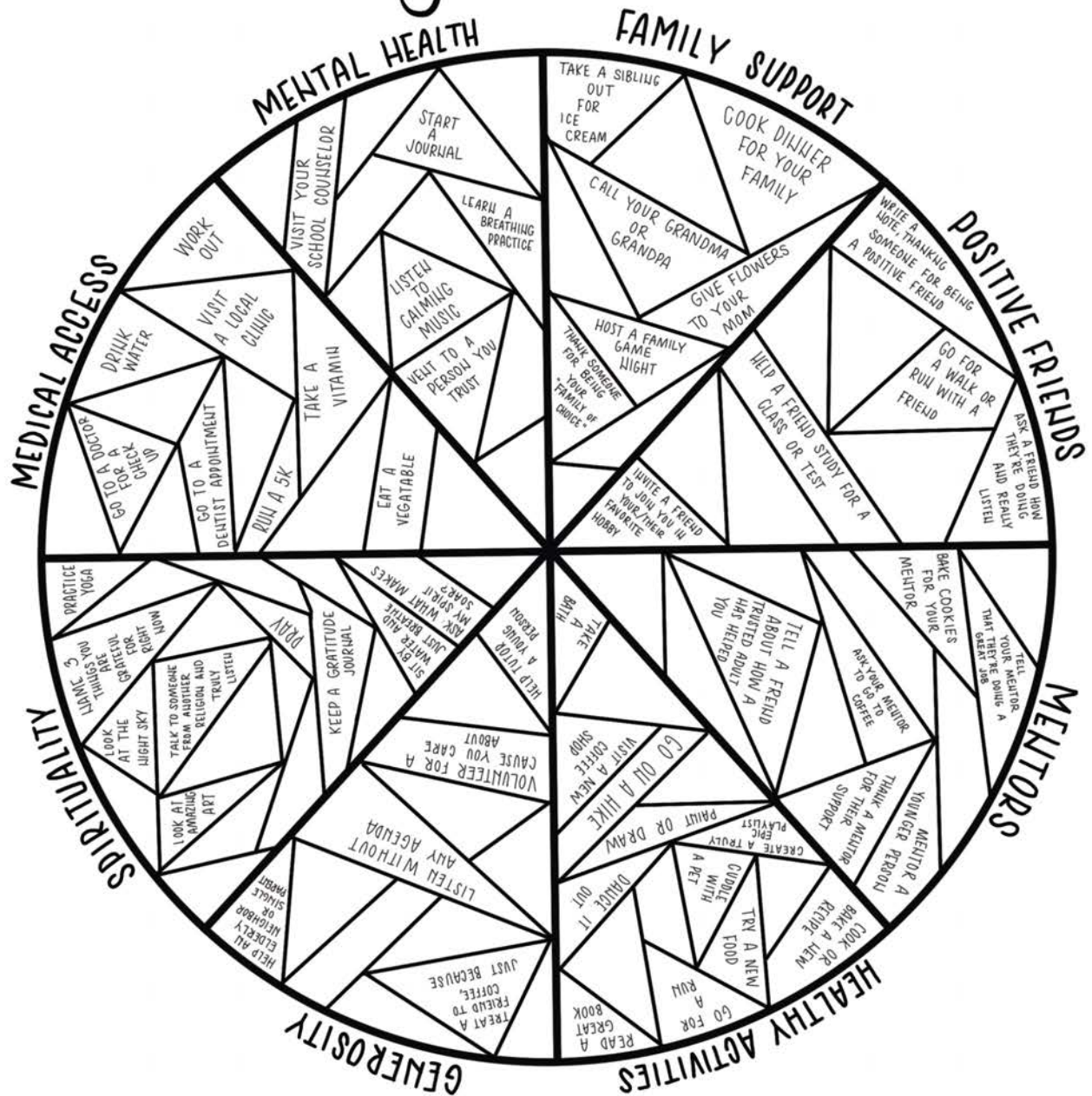


This template and more can be found on
the Homemade Gifts Made Easy blog at
homemade-gifts-made-easy.com

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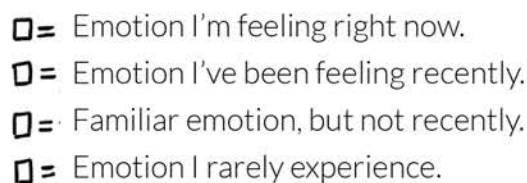
strength check in



DIRECTIONS:

COLOR IN THE ACTIVITIES ACCORDING TO THE INSTRUCTIONS BELOW.
FILL IN BLANK SPACES WITH OTHER WAYS TO PRACTICE STRENGTH

- ☐ = Activity I regularly do
- ☐ = Activity I've done recently
- ☐ = Activity I'd like to try

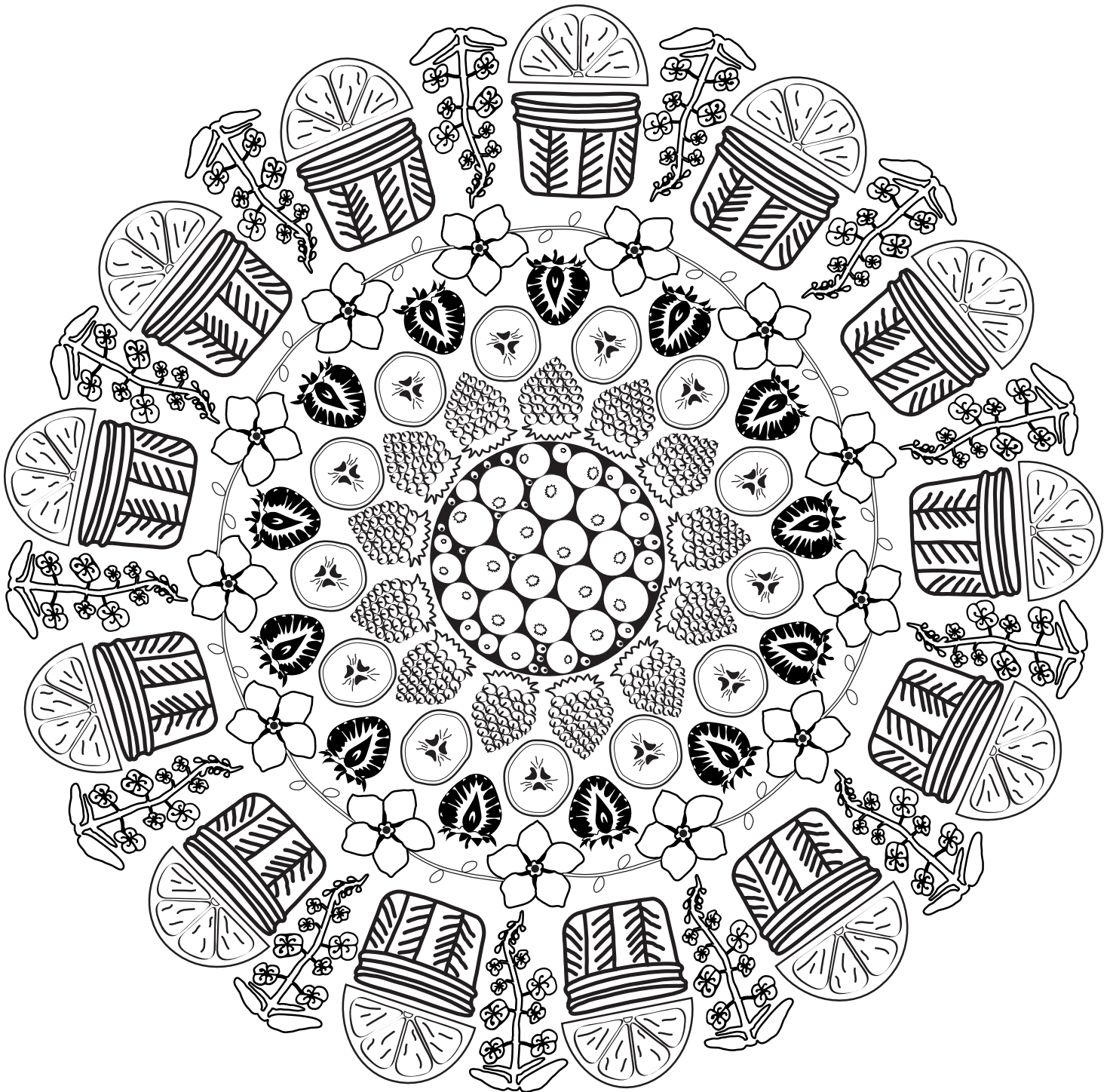


what do you need?

MENTAL HEALTH AWARENESS MONTH

Healthy Mandala

What we eat impacts the way we feel. Use your favorite colors to complete the healthy mandala below, which features healthy and traditional plant and food options.



MENTAL HEALTH AWARENESS MONTH

Crossword Puzzle

B I Y T M B K E K X X P D N V Q G W I H N P U E Y G V O F H
R X Y K O K Z B A R V Y G E Z I E B D O R Y W E C I T R P Y
E Q S Z F R M L M L W M F M I T Q L L C E D V W S D G D G E
A M A A R T R A F P W K S Z L U Y V X I L C G O U W R W N R
T Q F K T P O S I T I V I T Y N M L T A A Y S Y V C A D U P
H I W N A P Q E A D S T R E S S K V F D X I L E M E T L O O
E H R E K J B Y K V T R H K K Y T X U T K L T G N Q I V U K
K R T H L B I T C Z L Y T L P Z E C S E L F C A R E T K N U
I W K G B L E C N V K P A M Y B L Q B A B A P C G R U J M R
S C Y A R Q N L R J Z E M S S E N T G B Y Z Q E I L D M Y C
A L N L O E Z E Z P R C T B K O F O A Q W E X J S L E Q L A
B I F H C X H O S Q D U O R L G E C Q O T Q L C Q O D G N M
Q Z K F R I E N D S Q D B E R R Y P I C K I N G P X D N P B
W Q M J B X T R I J X Z P U K M T Q O N H D J G W H K I M U
H Q I Q M M G H C L U E Y Y J K R H K S Y Z Z A A E O K U W
U E Q K O S F F Y C H H C J B N R Y Z H T G F K R A V L S D
Q E Y Q Y O N I D W D H D U R W I G I C K E C E C L W Z I V
R S B V Z C Y S B K N G D G F A M I L Y F N D L X T H O C F
D G S C S I O H G Q K H M F Z W G L Y H E E K O U H Y G Z G
U Z Y N L A M I N X F M P O X S Q Q U Q S R Q R S L S E J Y
B Q K D A L F N M R R X Y T H C E V P D Q O P E L N V Z H J
S H D C A T G G A A S U P P O R T Z Y J O S F F T V D I M K
J D C B T N U W L K B D F K U E I U T C O I A L K T H R G D
U R J L M F C R X O Z T W U K A D V T I T T K E A Y X X T V
W U F U Y H S I E Z R O K F K T L X B R Z Y S C R J K W C Q
E M Q D W I B D N C Q O U P U I V F Y N T E B T R C R G V L
E M P U W Q Y O V G D M A S W V C R A F T S A Q S V G G H D
C I O W P N A U H X I Z O Z D I P C S P I R I T U A L F B Y
I N C M Q N E G H Y K K G N P T A Q T E R V R X B P A N Q H
W G N R I S L E E P P Z S E W Y R M W A K T H B B G O I Y L

BERRY PICKING
GENEROSITY
POSITIVITY
CREATIVITY
GRATITUDE

SELF CARE
DRUMMING
WELLNESS
REFLECT
FRIENDS

FISHING
SUPPORT
DANCING
CRAFTS
SOCIAL

HEALTH
FAMILY
STRESS
MUSIC
RELAX

SPIRITUAL
BREATHE
NATURE
SLEEP
ART

Learn to Make Akutaq Together

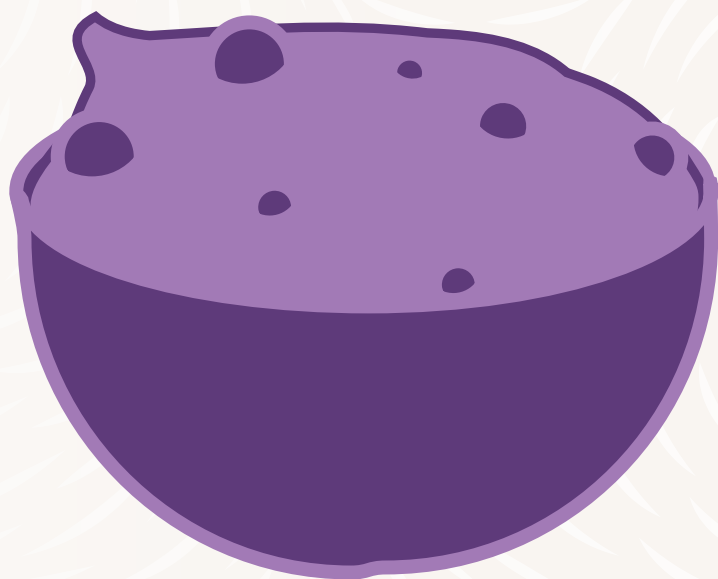
Here is a fun activity the entire family can do! This cultural activity has been practiced among Alaska Native people for countless generations. Here is one recipe variation for akutaq.

Instructions:

1. Combine Crisco and instant potatoes in a mixing bowl (*make sure the instant potatoes are cooled*).
2. Whip together for 5 minutes by hand or a mixer until mixture is fluffy.
3. Add vegetable oil, stir.
4. Add 1/2 cup of sugar, and continue to whip until sugar dissolves. Add more sugar for desired taste.
5. Add between 1/2 gallon to a gallon of berries, stir until mixed.
6. The akutaq is ready to eat.

Ingredients:

- 2 cups Crisco
- 2 cups prepared instant potatoes, cooled
- 2 tablespoons vegetable oil
- 1/2 cup – 1 cup sugar (*to taste*)
- 1/2 gallon – 1 gallon berries (*blueberries, salmonberries, cranberries, or store bought mixed berries, to taste*)



This recipe and more can be found on the SouthCentral Foundation website at southcentralfoundation.com

Make a Yup'ik Style Paper Plate Mask

Instructions:

1. Cut out desired shape from paper plate (*it can be an animal*).
2. Cut out two holes for eyes.
3. If desired, paint or color the mask.
4. Glue or tape five feathers around the mask.
5. Punch two holes on each side of mask; thread pipe cleaner through holes.
6. Connect the pipe cleaner to fit child's head.
7. Wear mask, and create animal stories or dances together!

Materials:

- Paper Plate
- Five feathers
- Two pipe cleaners
- Hole punch
- Glue or tape
- Water colors or markers, if desired



This recipe and more can be found on the SouthCentral Foundation website at southcentralfoundation.com