



Catholic Academy of Niagara Falls

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Catholic Academy staff, students, and families: As we all can attest, 2020 was a year for the history textbooks. Many of us have endured loneliness and loss in different ways. As we begin this new year, we still live with many of the uncertainties that 2020 brought us; however, we face this new year with the knowledge and wisdom we have gained as we overcame each passing challenge. From relearning handwashing etiquette to discovering the gift of videocalls, every one of us has taken a step towards staying connected safely and caring for our loved ones. May our toasts this year be to celebrating our resiliency! Below are activity ideas for your family related to the new year, enjoy!

Recommit to Self-Care:

A fun activity you may consider doing with your children this year is creating a "self-care box". Take any size box (perhaps reuse a gift box you received over the holidays) and decorate it in a way that brings peace and joy. Then, fill the box with things that can be used to help with self-care.

Physical-Bath bomb, massage oil, exercise DVD, Epsom salts, massage ball, face mask, nail polish.

Emotional-Journal and pen, tissues, self-love affirmation cards.

Social-Thank you card for a friend/family member, letter paper to send a nice letter, phone numbers of people you can talk to.

Spiritual- music, prayer cards, bible, gratitude journal, mindfulness book.

Sensory-Include things that use your 5 senses; sight, smell, touch, sound, taste. Sensory lights, sensory toys, teddy bear, candle, stress ball, something soft, favorite music, herbal tea.



LOOKING BACK, LOOKING FORWARD

Family Discussions: Let's take this new year as an opportunity to reflect on what's been happening with your family. You may be surprised to learn what good came out of 2020, even though it has been difficult for us all. Provided below are questions that can spark a reflective conversation for your family and encourage a hopeful discussion as we tackle the new year!

IN THE PAST YEAR-

- List your accomplishments from this past year, even if they seem minor.
- Describe a great day from this past year. What made this day special?
- How have you grown, or what lessons did you learn, during this past year?
- What are you grateful for from this past year?
 - 1.
 - 2.
 - 3.
- What was a challenge that you overcame during this past year?

IN THE NEXT YEAR-

- What would you like to achieve during this new year?
- What are you looking forward to during this new year?
 - 1.
 - 2.
 - 3.
- What relationships would you like to strengthen during this new year?
- What can you do to help others during this year?
- Ideally, how will your life be different at the end of 2021? Give specifics.

Provided by therapistaid.com

Contact Ms. Nugent:
(716) 289-7703
andrea.nugent@ccwny.org

In case of an emergency call:
Niagara County Crisis Services:
(716) 285-3515
or 911



Happier January



ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

1 Find three good things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help to brighten their day

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together

Never, ever give up on hope, never doubt,
never tire, and never become discouraged.

Be not afraid.

- Pope Saint John Paul II

