

Guide to Planning a...



...in your community

Have Fun, Stress-Less & Feel Better!

Mental Health Partners Working Group

Fall 2017

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Visit www.westernhealth.nl.ca/mha for an electronic copy of the poster that you can edit with your own event details.

If you have suggestions on how to improve this guide or to recommend additional activities, please contact: nostressfest@gmail.com.

Introduction

The **No Stress Fest** is a one-day event to engage individuals, families and community groups in learning ways to promote healthy lifestyle and positive mental health while learning about available mental health resources. The event focuses on self-care, relaxation and strategies for a healthy lifestyle including a healthy eating food demonstration and physical activity component.

This project was initiated by the Mental Health Partners Working Group, a network of key mental health and addictions organizations in the Western Region consisting of representatives from the following organizations:

1. Community Mental Health Initiative Inc.
2. Canadian Mental Health Association - NL Division (Western Office)
3. Schizophrenia Society of Newfoundland and Labrador (Western Office)
4. Western Health, Mental Health & Addiction Services

The Mental Health Partners Working Group planned the first ever No Stress Fest in Fall 2012. The project was initiated as a result of the need for the various organizations to promote their available Mental Health and Addiction Services in the community. It was felt that the purpose of the event would need to be disguised in order to engage individuals of the general public to be interested in coming out to learn about our services. The Working Group felt that the topic of stress is one that most people can relate to and there is no stigma attached. The Working Group wanted to plan a fun, interactive event for people of all ages.

Purpose:

- To engage individuals, families and community groups in learning ways to promote positive mental health.
- To create an awareness of mental health and addictions resources available to individuals, families and community groups.



Planning Your Event

Planning Your No Stress Fest Event

A successful No Stress Fest is based on good planning. This section has suggested planning steps for conducting the event.

1. **Consult** with a member of the Mental Health Partners Working Group listed on page 4 and / or your local Wellness Facilitator.
2. **Choose a date.** The No Stress Fest is an opportunity for all family members to participate in. It is important to know what works within your community (i.e., daytime 1:00 – 4:00pm, evening 4:00 – 7:00pm, or weekend event 12:00 – 3:00pm).
3. **Choose a location.** When choosing a location, keep the following in mind:
 - Enough space for each booth and display, as well as for people to move about and interact (See Sample Room Configurations, Page 9-11).
 - Accessibility.
 - Sufficient parking
 - Centrally located in your community.
 - Enough tables and chairs at the location for booths and visitors.
 - Access to a kitchen is preferred.
 - Overall atmosphere should be warm and inviting, remember you want people to feel no stress!
4. **Promotion.** See sample posters on page 15 and signage on page 12 that you can use for your event.
5. **Booth Materials.** Visit www.westernhealth.nl.ca/mha for available resources and to request display materials. Be sure to request as soon as possible to allow for shipping. Create a checklist of required materials needed for your event. See sample checklist on page 7-8.
6. **Prepare a budget.** See sample budget, page 13-14.
7. **Solicit prize(s) for the No Stress Fest (optional).** See sample letter on page 16 to use to solicit prizes for your event, if desired (i.e., one night stay at a hotel or B&B).
8. **Recruit volunteers.** Each table should be interactive. Ensure that you have a volunteer or two for each table throughout the day. Provide name tags for all staff and volunteers. Optional: Provide T-shirts for staff and volunteers.
9. **Print Participant Handbook.** Visit www.westernhealth.nl.ca/mha for an electronic copy of the No Stress Fest Participant Handbook and print copies. **Tip:** To save printing costs, only print the cover page in colour.

Checklist

General Set Up

- Table clothes for each table
- No Stress Fest banner bug
- Extension cords (4)
- Masking tape
- Signage
- Hand sanitizer

Registration Table

- Participant Handbooks
- Feedback forms
- Volunteer name tags
- Passports & Labels
- Pens/pencils
- Participant tracking form
- Enter to win box
- Completed feedback forms box
- Schedule of events
- Prizes
- Photo consent form

Mental Health & Addictions Booth

- 3 banner bugs
- Spin quest
- Referral form
- MH&A rack cards
- Crisis line magnets
- [Suicide Prevention](#) display
- Prevent Suicide post cards
- [How To Talk To Your Teen About Suicide](#) rack cards
- [How to Talk to Your Teen About Drugs](#) rack cards
- Bridge the gAPP Tear off sheets
- MHA Screening Tools Business cards
- MHA Screening Tools Banner

Healthy Eating Demo Station

- [Healthy snack ideas](#) handout
- [Healthy lunch ideas](#) handout
- Canada's Food Guide poster
- [Canada's Food Guides](#)
- Toaster Oven

- Napkins
- Snack baggies
- Small plates
- Paper bowls
- Spoons
- Disposable gloves

Moving for Mental Health Booth

- [Physical Activity for Mental Health](#) display
- [Recreation for Mental Health toolkit](#)
- Vinyl Banner/ Graffiti wall
- Elmer's white banner paper
- Markers
- Stickers

Food for your Mood Booth

- [Food for your Mood](#) display
- 2 blenders
- Measuring cups
- Napkins
- Straws

Stress Relievers & Relaxation

- [Relaxation](#) display
- CD or script
- [Coping with Illness](#) display
- [Work-Life Balance](#) display
- [Coping with Stress](#) display
- [Warning Signs of Stress](#) display
- [Coping with Stress for Teens](#) display
- [Kids and Stress](#) display
- [Coping with Financial Stress](#) display
- [Positive Mental Health](#) display
- Holiday Stress-Less tips

Stress Less Zone

- Glitter Slime Recipe – FRC
- Make your own Play Doh
- Make your own Flubber
- Today I Feel...Stickers

Party Safer Booth

- Mocktails jug
- 3-panel Harmful Effects of Alcohol display
- Standard drink kit
- Impaired driving kit
- Substance Use Prevention toolkit
- 100 5 oz cups
- Straws

Photo Fun Booth

- Humour & Laughter display
- Props
- Camera & Printer
- Photo Paper

Homemade Spa

- Olive oil
- Sugar
- Unscented lotion
- Shot glasses
- Measuring spoons
- Measuring cup
- Large bowl

Homemade Stress Balls

- Balloons (small) 200
- 1 bag Flour
- Scissors
- 3 bowls
- Spoons
- 3 funnels

English Muffin Pizza

- 12 packages (144 halves or 72 full) Whole Wheat
- 1 Large container Spinach
- 1 large tin Pineapple
- 2 packages Mushrooms
- 4 Red & Green Peppers
- 1 package Tomatoes
- 1 large Onion
- 1 head Broccoli
- 3 Salt free/low sodium spaghetti sauce
- 1 Rotisserie Chicken

- 4 – 450 g Mozzarella Cheese

Fruit Lollipops

- 4 fruit trays or 3-4 types of fruit
- 1 pack skewers

Hummus Grilled Chicken Wrap

- Soft tortillas (spinach wraps are colorful and fun!)
- Hummus
- Grilled chicken, sliced (or rotisserie chicken)
- Favorite crunchy vegetables (lettuce or spinach, colourful peppers, cucumber)

Trail Mix

- 1 box whole wheat shreddies
- 1 box whole wheat cheerios
- 1 pack yogurt covered raisins
- 1 pack dried cranberries
- 1 pack dried bananas
- 1 bag veggie stix
- 1 box plain raisins
- 1 pack sunflower seeds

Smoothies (6x berry smoothie recipe)

- 8 bananas
- 6 packages frozen mixed berries (600g)
- 3 litre orange juice
- 3 - 750ml containers of yogurt
- 100 5oz cups
- Straws (short)
- Food For Your Mood display

Mocktails (Cardinal punch)

- Cranberry juice 1 large
- Orange juice
- Gingerale
- Lemon juice
- Mocktail Jug
- Mocktails display

Set Up

The set up is important for trying to achieve a nice flow so that people move from different activities and learn of the mental health services that are available in the area.

Tips :

- Plan tables that require electricity to be located near outlets.
- Plan food demonstrations and smoothies booth near the kitchen.
- Plan relaxation booth in a quiet area.
- Provide seating area or place for people to eat snacks.
- Plan enough space for impaired driving booth obstacle course.

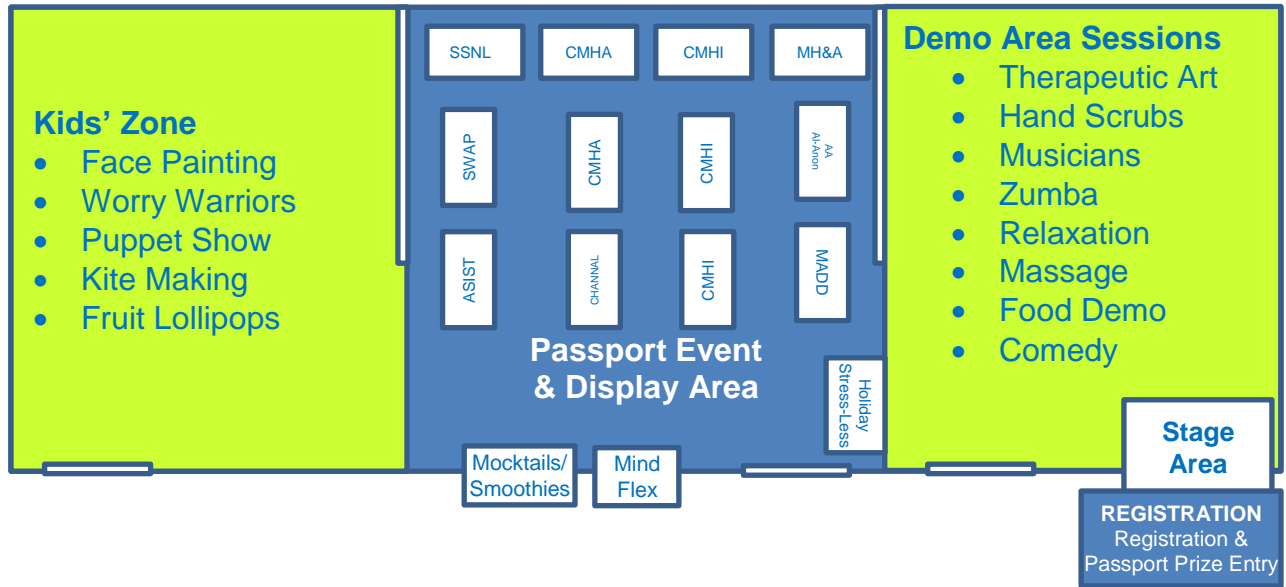
Booths/Tables

- Each table has a colourful plastic table cloth

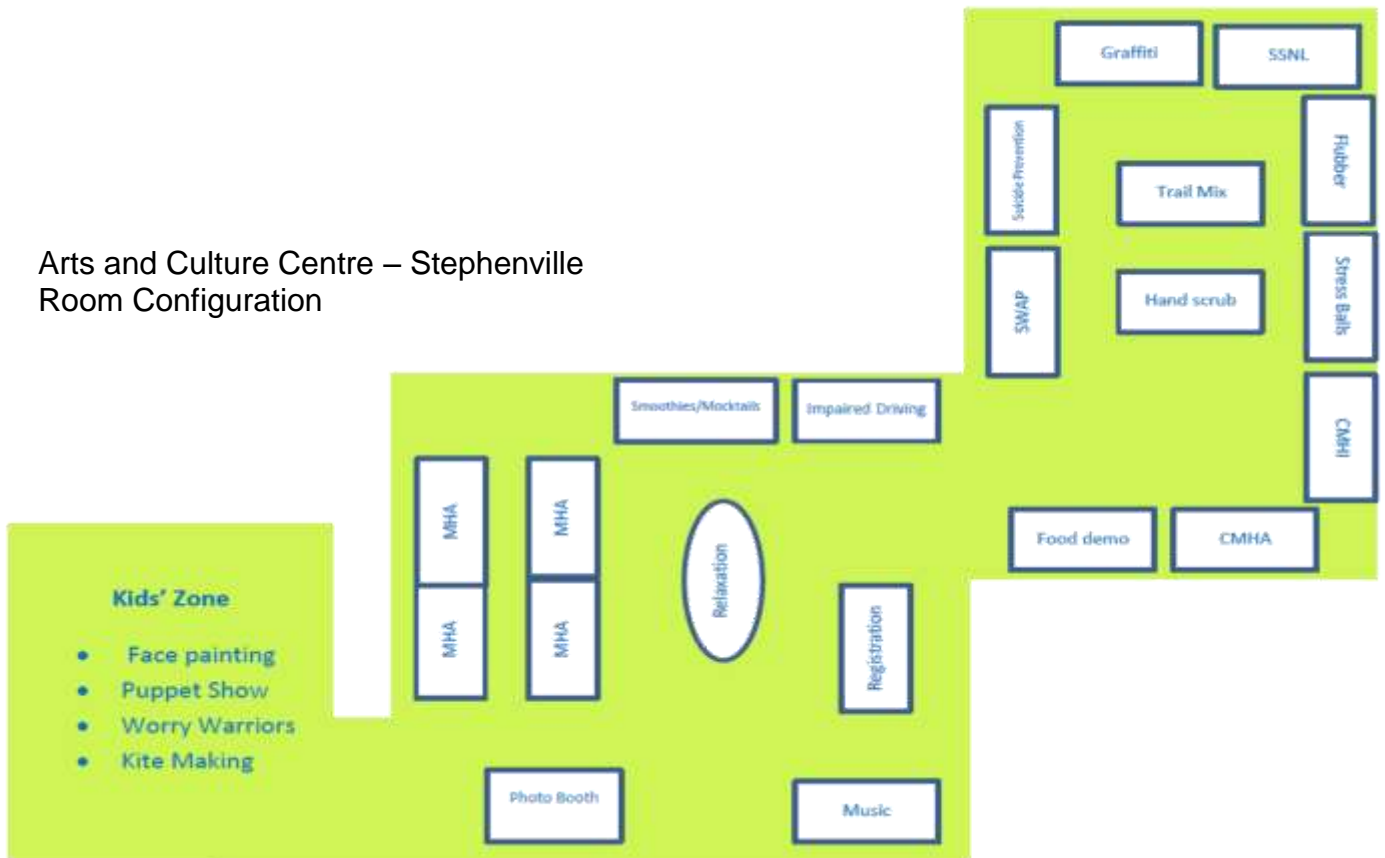


Sample Room Configurations

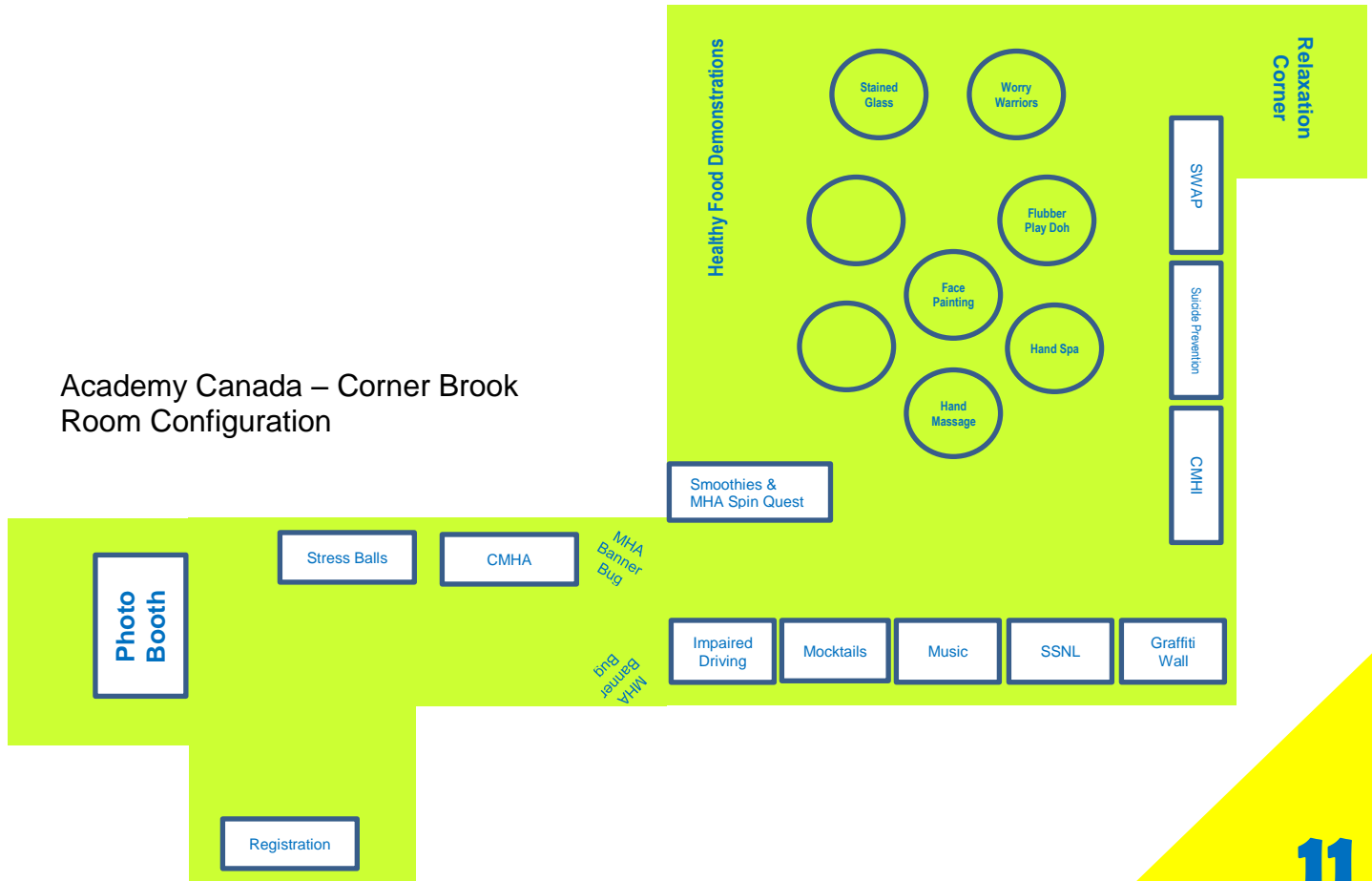
Pepsi Centre - Corner Brook
Room Configuration



Arts and Culture Centre – Stephenville Room Configuration



Academy Canada – Corner Brook Room Configuration



Signage

Visit www.westernhealth.nl.ca/mha to borrow the following resources:

- No Stress Fest Banner Bug
- Exterior Vinyl Banner

Request as soon as possible to check availability and allow for shipping.

Visit www.westernhealth.nl.ca/mha to print interior signage to direct participants to various booths.



Budget

Sample No Stress Fest Budget

Item	Cost	In-kind	Amount Needed
Venue			
Promotion (posters, paper, ink, etc.)			
Photo paper and ink cartridge			
Props			
Food demo supplies			
Mocktails & smoothies supplies			
Bags			
Prizes			
Other (T-Shirts)			
Total:			

Sample Budget from Past Event

Item	Estimated Cost
Room/Space Rental	\$300 (Lion's Club)
Materials: Paper \$55 Mocktails \$30 Stress Ball Materials \$40 Craft Supplies:\$80 Prop Supplies \$50 Facial Scrub Supplies \$10 Cups, Napkins, Plates \$15	\$280
Trail Mix Supplies \$40 Chicken Wrap Supplies \$40 Fruit Kabobs \$40 Water \$20 Juice \$20	\$160
Miscellaneous expenses	\$60
Homemade jewelry, photocopying, resources, camera and printer and table cloths (In-kind), door prize, community basket, donations from local businesses	In-Kind
Total	\$800

Promotion

Visit www.westernhealth.nl.ca/mha for an electronic copy of the poster that you can edit with your own event details.

Sample Poster:



NO STRESS FEST

Saturday
November 16, 2013
10:00 am to 3:00 pm
Academy Canada
Corner Brook

Have Fun, Stress-Less & Feel Better!

All are Welcome to Visit the Interactive Booths!

- **Healthy Snack Station**
 - Make Your Own Trail Mix (10:00 to 12:00)
 - Mini Pizzas (12:00 to 2:00)
 - Afternoon Pick Me Up! (2:00 to 3:00)
- **Make Your Own Stress Relievers**
 - Hand & Facial Scrubs
 - Stress Balls
 - Flubber & Play Dough
- **Relaxation Corner** Relaxation Techniques to do at home – Music, Mindfulness, Self Massage
- **Your Mind & Art - Graffiti Wall**
Experience the Therapeutic Benefits of Art
- Photo Booth Fun** Capture your stress free moment!
- Kids' Zone Events**
Face Painting, Worry Warriors

Enjoy Mocktails, Smoothies & Fruit Lollipops!

Everyone Welcome!
Admission is FREE

Door Prizes!

For more information, email:
nostressfest@gmail.com

Giveaways and Prizes

Sample Letter
[organization letterhead]

[Date]

[address]

Dear [contact],

I am writing on behalf of [your organization], a [provide brief background of your organization].

One of our projects, in partnership with the [list other community group partners] is the **No Stress Fest**, a one-day event to engage individuals, families and community groups in learning ways to promote healthy lifestyle and positive mental health while learning about available mental health resources. The event focuses on self-care, relaxation and strategies for a healthy lifestyle including a healthy eating food demonstration and physical activity component.

We would be most grateful if you could provide us with accommodation for one night stay at [business name] to use as our large door prize. In return, we would promote [business name] on all of our posters and print material for the event.

Please contact me by telephone at [#] and/or by e-mail at [address] if you have any questions.

Thank you for your time and for considering this request.

Sincerely,

[your name]
[position, organization]

Registration

Visit www.westernhealth.nl.ca/mha for an electronic copy of the registration resources.

Registration Table

- Volunteer name tags
- Passports and Passport Labels
- Feedback Forms
- Schedule of Events
- Pens
- Enter to Win Box
- Completed Feedback Form Box
- Participant Tracking Forms
- Photo Consent Form
- Participant Handbooks
- Registration Bags (Optional)
 - Paper/plastic for collecting items from each booth



Passport Activity

Participants are given a *No Stress Fest Passport Card* upon entry to the event. The passport card has a list of the booths and/or information displays available at the event. Participants are told that the purpose of the passport is to collect all the stamps to fill out the passport card by visiting each of the booths.

Interactive Booths & Demonstrations

- Photo Booth Fun
- MHA Screening Tools
- Healthy Eating
 - Food for your Mood Smoothies
 - Mocktails
 - Make you own Trail Mix
 - Fruit Lollipops
- Make you own Stress Relievers
 - Stress Balls
 - Homemade Spa
- Relaxation Corner
 - Self-Massage
- Mindfulness
- Stress-Less Zone
 - Make your own Worry Warriors
 - Stained Glass
 - Face Painting
 - Homemade Flubber
 - Homemade Play Doh
 - Glitter Slime
- Your Mind and Art – Graffiti Wall
- Your Mind and Music
- Impaired Driving & Standard Drink
- Recreation for Mental Health

Sample Passport Card:



Name: _____

Telephone #: _____

NO STRESS FEST PASSPORT

Humour & Laughter Photo Booth	Place Passport Stamp Here
CMHA (Canadian Mental Health Association)	Place Passport Stamp Here
Mental Health & Addiction Services, Western Health	Place Passport Stamp Here
Suicide Prevention/ ASIST Program	Place Passport Stamp Here
CMHI (Community Mental Health Initiative)	Place Passport Stamp Here
CHANNAL (Consumer's Health Awareness Network of Newfoundland & Labrador)	Place Passport Stamp Here
SSNL (Schizophrenia Society of Newfoundland & Labrador)	Place Passport Stamp Here
How Do You Stress-Less? Graffiti Wall	Place Passport Stamp Here
SWAP (Street Works Access Program)	Place Passport Stamp Here
Party Safer/Safer Bars/ Standard Drink Kit & Mocktails	Place Passport Stamp Here
Impaired Driving Kit	Place Passport Stamp Here
Music & the Mind	Place Passport Stamp Here
Food for your Mood Smoothies	Place Passport Stamp Here
Coping with Stress/Warning Signs of Stress Make Your Own Stress Balls	Place Passport Stamp Here
Relaxation	Place Passport Stamp Here
The Stress-Less Zone (Choose at least 1)	Place Passport Stamp Here

Visit each booth to collect the stamps.

Enter your completed Passport for a chance to Win!

Passport Labels/Stamps

Passport stamps are printed on 80 per sheet labels and each booth exhibitor is given sheets of the corresponding stamps to give out to participants as they visit the booth.

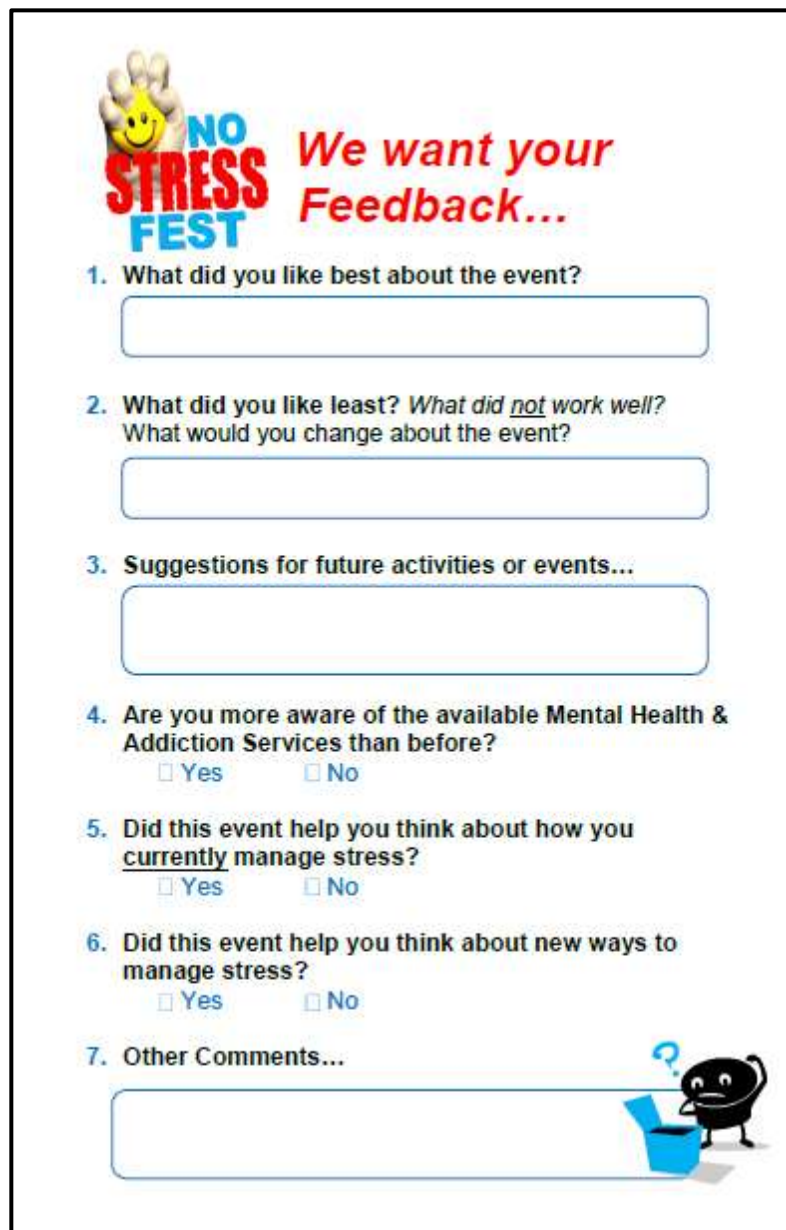
Visit www.westernhealth.nl.ca/mha for an electronic copy of the passport card that you can edit with your own event details.

Evaluation

An evaluation of the No Stress Fest event includes a record of the number of participants that attended the event. Volunteers at the Registration table will record the number of participants registered. This may also include a breakdown of adults versus children attending the event.


Visit www.westernhealth.nl.ca/mha for an electronic copy of the feedback form that you can edit with your own event details.

Sample Feedback Form:



The feedback form is titled "NO STRESS FEST We want your Feedback...". It contains seven numbered questions with corresponding text input fields or checkboxes. Question 1 asks for the best part of the event. Question 2 asks for the least liked part and what would be changed. Question 3 asks for suggestions for future activities. Questions 4, 5, and 6 are multiple-choice questions about awareness of mental health services and stress management. Question 7 is for other comments and includes a cartoon character with a question mark above its head.

NO STRESS FEST We want your Feedback...

1. What did you like best about the event?
2. What did you like least? *What did not work well?*
What would you change about the event?
3. Suggestions for future activities or events...
4. Are you more aware of the available Mental Health & Addiction Services than before?
 Yes No
5. Did this event help you think about how you currently manage stress?
 Yes No
6. Did this event help you think about new ways to manage stress?
 Yes No
7. Other Comments...
 

Sample Participant Tracking Form



Participant Tally Sheet - Pasadena February 7th, 2015

Time	Adults		Children
	Male	Female	
11:00 to 11:30			
11:30 to 12:00			
12:00 to 12:30			
12:30 to 1:00			
1:00 to 1:30			
1:30 to 2:00			
2:00 to 2:30			
2:30 to 3:00			

Sample Photo Consent Form



CONSENT FOR PHOTOGRAPHS AND/OR AUDIO/VISUAL RECORDINGS

I, _____, consent to the following for
(Name of Consenting Party)

Myself or Other (state name and relationship of person for whom consent is given)

- Photographs
- Audio Recording

Visual Recording as required for the purpose of:

- Accurate Identification
- Education
- Training
- Media Relations
- Public or Other Group Activities
- Other _____

The purpose of the photographs and/or audio/visual recordings has been explained to me by _____ and all questions I had were answered to my satisfaction.

I understand the photographs and/or audio/visual recordings are the property of Western Health.

Signature of Person Giving Consent

Signature of Health Care Provider

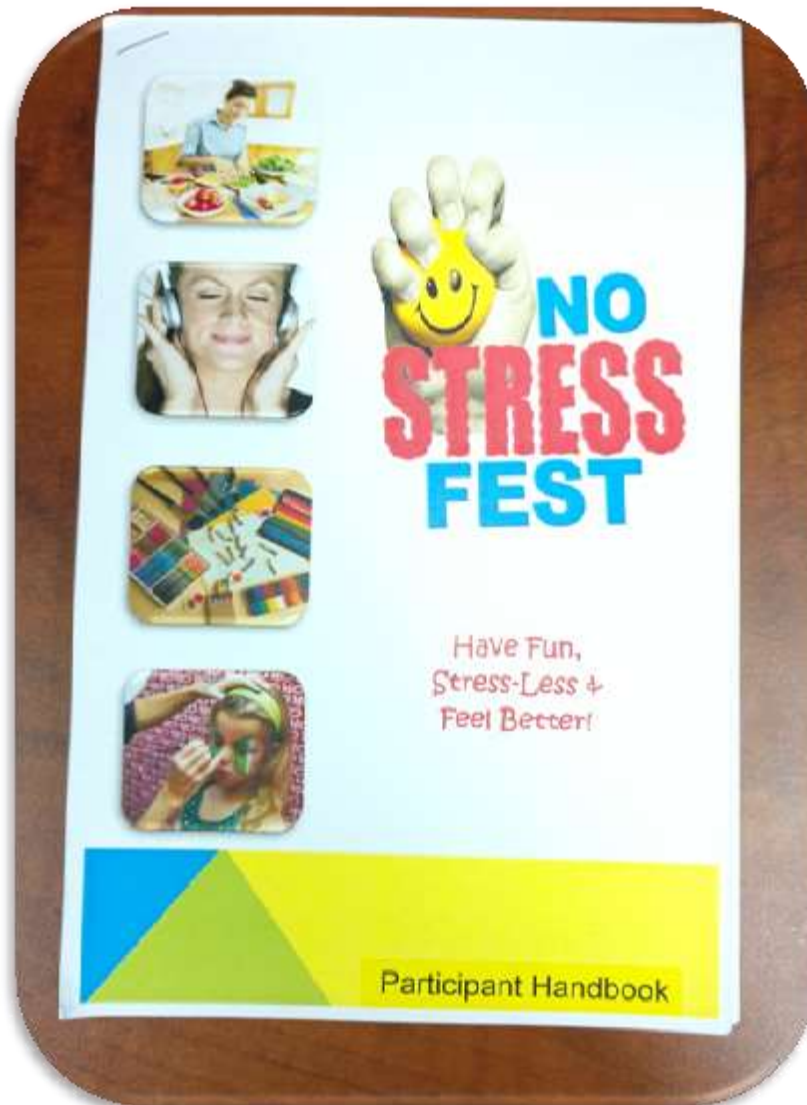
Relationship (to client/patient/resident)

Date

900-397

Participant Handbook

Please visit www.westernhealth.nl.ca/mha for an electronic copy of the Participant Handbook that can be printed and photocopied for your event.



MHA Screening Awareness Booth

Materials:

- Retractable Banner
- Tablet(s)
- Tablet Stand(s)

Set Up:

It is important to set up in an area where there is maximum visibility for promotion of the event. However, the space should offer some privacy for the completion of the anonymous screening tools. It is recommended that a screening awareness booth be set up. The booth will consist of the screening awareness retractable banner, tablets, tablet stands, a small table for print materials/resources and refreshments, and the vinyl display related to the refreshments chosen for the event (Food for your Mood or Mocktails). If possible, set up in an area where there is some available seating for individuals who wish to sit and complete the questionnaire.

Facilitators must be present at all times to demonstrate the online self-assessment tools using the available tablet(s). **Note:** *Tablets must never be left unattended at the booth.*

For more information, see [Screening Awareness Event Facilitator Planning Guide](#) on [website](#).





Healthy Food Demonstrations

Healthy Food Demonstrations

Providing activities that promote food skills can positively impact healthy eating behaviours. If your budget allows, setting up food demonstrations can help feed hungry visitors and provide an opportunity to open the discussion of healthy alternatives and the effect of nutrition on your mental health.

The following recipes are meant to be a guide for your healthy food demonstrations. Be as creative as you want to suit the tastes of your audience. If possible, consult with a Regional Nutritionist as well as use the Canada Food Guide as a resource. *Caution: please beware of common allergies to peanuts / peanut butter and have all ingredients listed and clearly visible at your station.*

Be mindful to include participants in the activity and ask for input and feedback often.

Set Up:

- Ensure you have a volunteer that is able to oversee each station.
- Provide hand sanitizer or wipes each station.
- Volunteers should wear gloves when handling any food items.
- CAUTION: Avoid bringing items that may have peanuts in them in case of allergies.



Make Your Own Healthy Trail Mix

People of all ages kids to seniors love this super easy snack that they can create themselves and eat with their hands. Pick your favorite snacks and put them in several small bowls or mason jars. You will want to have a lot of variety to appeal to different people's tastes. Make sure all of the bowls are clearly labeled in case of individual allergies. This is a great opportunity for children to try new things!

Materials:

8-12 bowls or mason jars
8-12 spoons (avoid cross contamination)
Paper or plastic baggies

Handouts (Contact a Regional Nutritionist at 637-5000 ext. 5257/6130 or email:hpliteraturedepot@westernhealth.nl.ca)

- Canada's Food Guide
- Eat, Great and Participate
- Healthy Lunch/Snack Ideas
- Eating Healthy on a Budget
- Label Reading Fact Sheet

Ingredients:

Ensure you have a good variety of healthy options. Do not purchase items that it in bulk bins as there may have been cross contamination in store. It is best to purchase sealed packages.

- Box whole wheat Shreddies cereal
- Box whole wheat Cheerios cereal
- Pack yogurt covered raisins
- Pack dried cranberries
- Pack dried bananas
- Bag Veggie Stix
- Plain Raisins
- Sunflower seeds

Directions:

1. Space the filled bowls out on the table with a spoon in each.
2. Place the bags at the beginning of the table.

Option: Get the kids to decorate their paper bag first!



Make Your Own Pizza

Materials:

- Gloves
- Oven mits
- 8-12 bowls
- 8-12 spoons (avoid cross contamination)
- 2 toaster ovens
- Tongs
- Pizza cutter
- Knife
- Cutting board
- Small plates



Ingredients:

- Whole grain English muffins or whole grain pita*
- Bottled pizza sauce or marinara sauce
- Shredded part-skim mozzarella cheese
- Pizza toppings: Try to have a good mix of vegetables and lean meat (e.g. cooked ground chicken, pineapple, sliced mushrooms, chopped green/red/yellow peppers, chopped spinach, etc.)

Directions:

1. Preheat oven to 450 degrees. Place English muffin or pita on a baking sheet.
2. Spoon the pizza sauce over the English muffin or pita.
3. Add desired toppings.
4. Sprinkle mozzarella over the top.
5. Bake for 6-8 minutes (watch carefully so it doesn't burn).

*½ English muffin per person or cut pita into slices per person.



Hummus Grilled Chicken Wrap

Materials:

- Gloves
- 5-7 bowls (depending on number of ingredients)
- 5-7 spoons (avoid cross contamination)
- Tongs
- Knife
- Small plates

Ingredients:

- Soft tortillas (spinach wraps are colorful and fun!)
- Hummus
- Grilled chicken, sliced (or rotisserie chicken)
- Favorite crunchy vegetables (lettuce or spinach, colourful peppers, cucumber)

Directions:

1. Spread hummus on the tortilla.
2. Top with chicken and choice of vegetables
3. Roll up into a snug wrap. Cut in half if desired.



Mexican Grilled Chicken Wrap

Materials:

- Gloves
- 5-7 bowls (depending on number of ingredients)
- 5-7 spoons (avoid cross contamination)
- Measuring cups & measuring spoons
- Grill or frying pan
- Tongs
- Knife
- Small plates

Ingredients:

- 1 lb. (450 g) boneless skinless chicken breasts, grilled, chopped
- 1-1/2 cups coleslaw blend (cabbage slaw mix)
- 1/2 cup *Cracker Barrel* Shredded Light Tex Mex Cheese
- 1/4 cup *Kraft Calorie-Wise Rancher's Choice* Dressing
- 1 Tbsp. lime juice 1 tsp. chili powder
- 4 large whole wheat tortillas
- 1/2 cup salsa
- 1/4 cup light sour cream

Directions:

1. Heat barbecue to medium heat.
2. Combine first 4 ingredients in large bowl.
3. Mix dressing, lime juice and chili powder. Add to chicken mixture; toss to coat.
4. Spoon down centres of tortillas. Fold in opposite sides of each tortilla, then roll up burrito-style.
5. Grill, seam-sides down, 8 to 9 min. or until golden brown, turning occasionally. Serve topped with salsa and sour cream.



Make Your Own Salad

Materials:

- Gloves
- 5-7 bowls (depending on number of ingredients)
- 5-7 spoons (avoid cross contamination)
- Measuring cups & measuring spoons
- Knives
- Cutting boards
- Small plates

Ingredients: Use any or all of the following ingredients 😊

Lettuce:

- Romaine
- Spring Mix
- Spinach

Veggies:

- Cucumbers
- Carrots
- Mushrooms
- Bell peppers
- Green onions
- Zucchini
- Tomatoes

Fruits:

- Apples
- Pears
- Strawberries
- Avocado

Cheese:

- Mozzarella
- Goat cheese
- Feta

Meat/Fish

- Chicken
- Tuna

More Toppings:

- Hard-boiled egg
- Dried cranberries
- Sunflower seeds
- walnuts or toasted almonds
- Corn
- Beans – black, kidney, or chick peas

Dressings:

- Balsamic based
- Ranch

Homemade Dressing Option

Ingredients:

- 1 whole clove garlic, peeled
- 1/4 cup balsamic vinegar
- 1/2 cup olive oil
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Directions:

1. Smash the garlic clove with the back of a knife. Add garlic to the other ingredients in a jar or other airtight container.
2. Cover, shake well and serve.
3. Store in the refrigerator for up to 1 week.

Annie's Fruit Salsa and Cinnamon Chips

Ingredients:

2 kiwis, peeled and diced
2 Golden Delicious apples - peeled, cored and diced
8 ounces raspberries
1 pound strawberries
2 tablespoons white sugar
1 tablespoon brown sugar
3 tablespoons fruit preserves, any flavor or
3-4 Juicy Limes (use juice to preserve)
10 (10 inch) flour tortillas
butter flavored cooking spray
2 tablespoons cinnamon sugar

Directions:

1. In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
4. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Source: www.allrecipes.ca
<http://allrecipes.com/recipe/annies-fruit-salsa-and-cinnamon-chips/>



Crunchy Banana Pops

Materials:

Popsicle sticks
Knife

Ingredients:

2 large bananas
Honey or yogurt
Toppings: choose from coconut, Rice Krispies or almonds



Directions:

1. Peel bananas and cut them in half. Insert Popsicle sticks into cut ends of the bananas. Place on wax paper and freeze until firm, at least 1 hour.
2. Coat frozen bananas with honey and roll in puffed rice. Eat immediately, or freeze until ready to serve. Finish with chocolate drizzle, if desired.

Fruit Lollipops

Materials:

Knife
2 wooden skewer sticks
Large plate

Ingredients:

1 c of strawberries
1 banana
1/3 c. red seedless grapes
1/3 c. green seedless grapes
2/3 cup pineapple chunks
Cantaloupe or melon



Directions:

1. Prepare the fruit by washing and cutting into small chunks.
2. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.

Option: Roll the fruit kabob in Greek yogurt and then coconut.

Food for Your Mood Smoothies

Materials:

- Blender
- Smoothie Ingredients
- Clear Plastic Cups
- Coloured Straws
- Food For Your Mood Poster Display
- Umbrellas (optional)
- Extension Cord



**Makes 3 ½ to 4 cups
(875 ml to 1 L)**

Serving size: 1 Cup (250 mL)

✓ Kid Approved

Frozen fruits add intense flavor to a smoothie and keep it cold longer.

Tip

Freeze leftover smoothies in ice pop containers for a quick frozen treat.

Variation

Vary the frozen fruits, yogurt and juice to suit your taste. For example, try a combination of frozen mangos, frozen peaches, peach-flavored yogurt and orange juice.

Serving Idea

Pour the smoothie into attractive wineglasses and garnish each with a fresh strawberry to serve at a weekend brunch.

Berry Smoothie

Joelle Zorzetto, Dietitian, Ontario

Blender

1 banana, broken into chunks
2 cups mixed frozen berries (strawberries, blueberries, blackberries, raspberries)
Or 500 ml

1 cup low-fat strawberry-flavored yogurt
Or 250 ml

1 cup unsweetened orange, strawberry and banana juice
Or 250 ml

1. In blender, on high speed, blend banana, berries, yogurt and juice for 30 seconds or until smooth.

Source: Cook! Dietitians of Canada

Nutrients per serving

Calories	153
Fat	1.0 g
Saturated Fat	0.4 g
Sodium	45 mg (2%DV)
Carbohydrate	33 g
Fiber	3 g (12 % DV)
Protein	4g
Calcium	119 mg (11% DV)
Iron	0.5 mg (4%DV)

Very high in: Vitamin C

Diabetes Food Choice Values:

2 Carbohydrate





Party Safer

Mocktails

Mocktails are refreshing drinks that don't contain alcohol. They are perfect for those who choose to be alcohol-free. They blend great ingredients that will excite the taste buds of all your friends.

Materials:

- Non-Alcoholic Drink Recipes (print recipes as handouts)
- Drink Ingredients
- Clear Plastic Cups
- Coloured Straws
- Mocktails Jug or Punch bowl
- Mocktails Display
- Party Safer and/or Harmful Effects of Alcohol Display
- Umbrellas (Optional)



Directions:

- Choose a recipe or recipes from the handout of Non-alcoholic drink recipes.
- Purchase the necessary ingredients and supplies.
- Mix the ingredients in the jug or punch bowl and set on a table with a copy of the Mocktails display and have recipe cards available as handouts.

Or

- Place all the ingredients on a table and have participants build their own Mocktail using the recipes provided.



Non-alcoholic Drink Recipes

Orange Tang Mocktail

3 oz. Orange juice
3 oz. Cranberry juice
Crushed ice
Orange slice
Mix all ingredients in a cocktail shaker/stirrer and pour into glass. Add crushed ice.

Crazy Cow Mocktail

2 oz. Apple juice
3 oz. Milk
Mix all ingredients in shaker/stirrer and put in glass. Add crushed ice.

Creamy Creamsicle

8 oz. Orange juice
2 scoops vanilla ice cream
Blend at low speed and pour into glass.
Garnish with orange slice.

Grapeberry Mocktail

3 oz. Cranberry juice
3 oz. Grapefruit juice
Mix all ingredients. Put in glass.
Add crushed ice.

Grapefruit & Orange Mocktail

2 oz. Orange juice
6 oz. Grapefruit juice
Mix together and add crushed ice.

Iced Coffee Mocktail

¼ cup cold strong coffee
¼ cup sugar
¼ cup hot water
4 cups milk
Mix in shaker and add crushed ice.

Lemon Cocktail

2 oz. Orange juice
6 oz. Lemon juice
Mix in shaker and add crushed ice.

After Glow

4 oz. Orange juice
4 oz. Pineapple juice
1 oz. Grenadine
Mix in glass

Cardinal Punch

2 oz. Cranberry juice
2 oz. Ginger ale
½ oz. Lemon juice
1 oz. Orange juice
Lemon & orange slice (garnish)
Pour juices into Collins glass half filled with ice cubes.
Top with ginger ale.

Beach Blanket Bingo

3 oz. Grapefruit juice
3 oz. Cranberry juice
Soda water
Pour juices in glass and top with soda

Shirley Temple

3 oz. Lemon-lime soda
3 oz. Ginger ale
1 dash grenadine
Pour sodas in Collins glass over ice.
Add grenadine and stir.

Alice Cocktail

1 1/3 oz. Cream
2/3 oz. Pineapple juice
1/3 oz. Orange juice
Grenadine
Shake with ice and strain into cocktail glass.



Cinderella

1 oz. Lemon juice
1 oz. Orange juice
1 oz. Pineapple juice
2 oz. Ginger ale
Dash of grenadine
Pineapple and orange slices for garnish.
Pour juices in cocktail shaker with ice cubes. Shake well. Strain into chilled Collins glass filled with ice. Garnish with slices.

Berry Sweetheart

3 oz. Red cranberry juice
3 oz. Apple juice
1 oz. Honey
Fill highball glass with ice cubes. Add juices and honey and mix. Then add to highball glass.

Monster Slime Juice

12 oz. Orange juice (concentrate)
6 oz. Kool Aid (Berry Blue)
Water
Mix juice and Kool Aid. Add 1 gallon water. Stir and watch it turn green.

St. Clements

4 oz. Lemonade
4 oz. Orange juice
Mix over ice in highball glass.

Little Engineer

4 oz. Orange juice
4 oz. Pineapple juice
½ oz. Grenadine
Pour over ice in highball glass.

Vienna Soother

4 oz. Coffee
2 oz. Cream
¼ oz. Chocolate syrup
¼ tsp. Cinnamon
Pour ingredients in cocktail shaker filled with ice. Shake well. Strain into glass. Top with whipped cream and shaved chocolate.

Cuddle with Todd

4 oz. Cranberry juice
4 oz. Orange juice
Build over ice in highball glass.

Tommy O'Collins

½ cup club soda
1 ½ tbsp. lime juice
1 tsp rum extract
1-2 packets sweetener
1-2 ice cubes
Combine ingredients in blender.
Blend on high for 10 seconds until light and frothy.
Pour over ice into tall glass. Makes one 8 ounce serving.

Wave Bender

5 oz. Ginger ale
1 tsp. Grenadine
1 oz. Orange juice
½ oz. Lemon juice
Shake with ice (except ginger ale) and strain over ice cubes into highball glass.
Top with ginger ale and stir.

Sweet Sunrise

Orange juice
Grenadine
Fill highball glass with orange juice and ice cubes. Slowly pour grenadine over the juice and it will sink to the bottom and then rise to the top. Garnish with orange slice.

Chocolate Amaretto Crème

½ cup evaporated milk
¼ cup club soda
½ tbsp. unsweetened cocoa powder
2-3 packets sweetener
¼ tsp. almond extract
1 dash bitters
1-2 ice cubes
Combine all ingredients in blender. Blend on high for 10 seconds, until smooth and creamy. Pour into cocktail glass and serve with straw. Makes one 6 oz. serving.

Orange Julius

(Can also use peach or strawberry)

1 cup Orange juice

2 oz. Milk

1 tsp Vanilla extract

1 tbsp Sugar

1 Scoop vanilla ice cream

Place all ingredients in a blender, with ½ cup ice. Blend until smooth and pour into hurricane glass. If too thick, add more juice. If too thin, add more ice cream.

Pineapple Milkshake Mocktail

1 tbs. Honey

4 oz. Milk

3 Pineapple chunks

3 oz. Pineapple juice

Mix together in shaker. Add crushed ice.

Sweet and Sassy Mary

1 cup vegetable cocktail juice

1-2 packets sweetener

1 dash celery salt

1 dash Worcestershire sauce

2 drops Tabasco

1 lime wedge

1 cucumber spear for garnish

Combine first 6 ingredients in an old-fashioned glass. Stir well. Squeeze lime wedge over mixture and add wedge to drink. Stir. Garnish and serve.

Bald Bishop

2 oz. chilled orange juice

1 ½ oz lemon juice

1 tsp. sugar

De-alcoholized burgundy or other non-alcoholic wine. Fill tall glass halfway with ice. Add orange juice, lemon juice and sugar. Top off with burgundy.

Tropical-Not-A-Colada

¾ cup unsweetened pineapple juice

Half a banana

2-3 packets sweetener

1 tsp. lime juice

¼ tsp. coconut extract

3-4 ice cubes

Combine ingredients in blender.

Blend on high for 30 seconds, until smooth and creamy. Pour into fancy glass and serve with straw.

Makes one 12 oz. serving.

Variation: Substitute ½ cup of fresh or unsweetened frozen strawberries for banana. If using fresh berries, add 3-4 extra ice cubes.

Freshing Raspberry Daiquiri

2 oz. Sweet & Sour mix

2 oz. Sierra Mist Soda

4 oz. Raspberry puree

Whipped cream

Place ingredients in blender and add ice.

Mix until desired thickness. Pour into a tall glass and top with whipped cream.

Root Beer Float

Vanilla ice cream

Root beer

Put ice cream in glass and slowly pour/top with Root beer.

Texas Sunrise

8 oz. Chilled orange juice

¾ ounce grenadine syrup

Cracked or shaved ice (optional)

To orange juice in glass, add the grenadine.

Let it settle on the bottom or stir, as desired.

Add ice (optional) if desired. Makes one serving.

Champagne Julep

De-alcoholized sparkling white wine or non-alcoholic white grape juice

Mint-flavored sparkling water

Sprig of mint

For each serving, combine in champagne flute glass, with “wine” and sparkling water in roughly equal portions. With sweeter “wines” use slightly more mint mixer or to taste.

Fuzzy Noel

¾ cup peach sorbet
1/3 cup orange juice
1 cup sparkling water
3/8 tsp. almond extract
Crushed ice
Blend sorbet, juice and extract until smooth.
Stir in sparkling water.
Pour over crushed ice and serve.

Black Cow

2 scoops vanilla ice cream
10 oz. root beer
1 tbsp. chocolate syrup
1 ½ oz. whipped cream
Cherries
Put root beer over ice cream and syrup in large glass.
Garnish with cream and a cherry.
Serve with straw and long spoon.

Virgin Bloody Mary

1 can tomato juice
1 oz. lime juice
3 oz. club soda
3 shakes of Worcestershire sauce
2 pinches of cutnin powder
1 shake of celery salt
1 tsp. horseradish
Mix all ingredients except club soda into a large pitcher.
Salt the rim of a highball glass.
Add club soda to the glass, and then add the Bloody Mary mix (from step 1). Garnish with celery stalk and top with lemon pepper.

White Velvet

2-3 oz. non-alcoholic beer or malt beverage
2-3 oz. de-alcoholized dry white wine
Combine “beer” and “wine” in roughly equal measure (to taste) in a champagne flute or tulip glass. Makes one serving.

Impaired Goggles Obstacle Course

Purpose: To understand how loss of coordination and vision impairment affects everyday tasks, as well as how each individual's actions affect those around them.

Target Audience: Children, youth, adult

Materials: Alcohol, Cannabis, or Drug Impaired Goggles
Painters tape or masking tape
Foam or hollow plastic balls
Field Markers / Pylons
Plastic Keychain & Coins

Instructions:

- Participants will complete a number of obstacles while wearing goggles that impair their vision. Place pylons around the station, and ask them to try to zig-zag in and out of them while still wearing the goggles. Discuss the consequence of driving while impaired by drugs or alcohol.
- Ask participants to first complete the stations of the obstacle course – first without wearing the impaired goggles, then have participants complete the same station while wearing the impaired goggles.
- Ask participants what it was like to wear the goggles and how it impacted their ability to complete the task.
- Ask observers what it was like to watch the person trying to complete the task wearing the impaired goggles.

Walk the Line / Field Sobriety Test - Make a line out on the floor with tape or skipping rope for participants to try and take 10 steps, in a straight line, walking heel to toe with their hands at their sides, counting the steps out loud as they walk. Then, have them turn and walk the same way back to the start while you increase the difficulty by tossing foam balls at them to throw them off.

Obstacles - Try to weave your way in and out of the markers/pylons as quickly as possible, without actually touching them. Remember, have the participants first do the task without the impaired goggles and then repeat while wearing the impaired goggles. Discuss what it was like to complete these tasks and how loss of coordination can affect everyday tasks.

Pick Up – Throw keychain, plastic coins, or other small objects on the floor and tell participants to pick them up as quickly as possible. For a variation, you can have the participant pick up specific items as you instruct them to do so. Remember, have the participants first do the task without the impaired goggles and then repeat while wearing the impaired goggles. Discuss what it was like to complete these tasks and how loss of coordination can affect everyday tasks.

Other Everyday Tasks – Have participants try to complete some everyday tasks such as read, write their name, tie their shoes, catch a ball, skip rope, open a wrapped item, etc. Remember, have the participants first do the task without the impaired goggles and then repeat while wearing the impaired goggles. Discuss what it was like to complete these tasks and how loss of coordination can affect everyday tasks.

Discussion Points:

- Although this activity encourages participants to have fun, it is also intended to represent the very serious inverse relationship between alcohol/drug consumption and coordination, reaction time, and balance. It is extremely important to discuss this with the participants prior to starting, so as to ensure that the intended message is not undermined by the amusement provided by the activity.
- Ensure that participants understand what is referred to by the term “impairment”. Impaired driving is not limited to driving while under the influence of alcohol, but it also encompasses driving while under the influence of illicit drugs such as marijuana and cocaine, or prescription and/or over-the-counter medicine that has fatigue as a side effect (Atavin, Gravol, etc.). Encourage participants to read labels on all medications prior to driving while under their influence.
- *Walk the Line*: Discuss first how difficult it is to achieve balance while wearing the impaired goggles. Liken this to trying to drive while remaining on your side of the road. Discuss the dangers implicated by failing to remain on your side, even if you only veer off for a second. Secondly, discuss how when we are driving a vehicle, we not only need to be able to accomplish the relatively simple task of staying on our side of the road, but also to quickly react to unexpected events. Compare the balls being thrown at them to pedestrians darting into the street unexpectedly, another vehicle cutting into their lane, etc. Talk about how when we are impaired, our reaction time is significantly decreased and thus, our ability to effectively deal with unexpected events is severely impaired.
- *Obstacles*: Discuss how difficult it is to navigate the markers/pylons while wearing the impaired goggles. Liken this to trying to turn onto a different street, navigate an intersection, change lanes, etc. while driving a vehicle. Talk about how much more complicated these activities would be than merely trying to navigate the markers/pylons, which was difficult in itself.

Survive the Drive

Purpose: To understand how loss of coordination and vision impairment affects everyday tasks, as well as how each individual's actions affect those around them.

Target Audience: Children, youth, adult

Materials: Alcohol, Cannabis, or Drug Impaired Goggles
Survive the Drive Toolkit (must be requested separately)

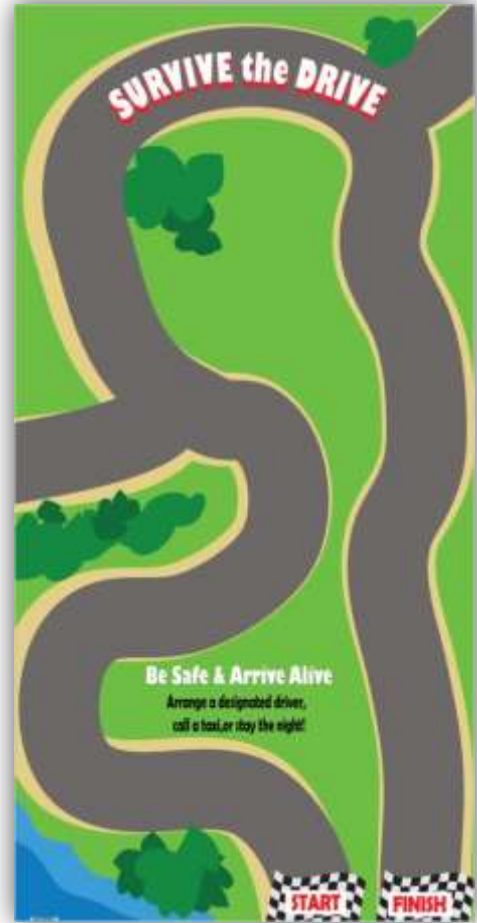
Instructions:

- Participants will hold the 'steering wheel' and follow the road on the 4 x 8' vinyl roadmap, encountering intersections, wrong turns, and other obstacles. Discuss the consequence of driving while impaired by drugs or alcohol.
- Place the stop sign at the intersection and small animal figurine at a curve along the map.
- Ask participants to first complete the roadmap while wearing the impaired goggles, then have participants complete the same station without wearing the impaired goggles.
- During the 'drive' provide directions of which way to turn at intersections, any missed stop signs, shoulder checks, or other missed obstacles. Add to the course by sending the participant down one way and then advising 'wrong turn' and asking them to back up.
- Ask participants what it was like to wear the goggles and how it impacted their ability to complete the task.
- Ask observers what it was like to watch the person trying to complete the task wearing the impaired goggles.

Discussion Points:

- Although this activity encourages participants to have fun, it is also intended to represent the very serious inverse relationship between alcohol/drug consumption and coordination, reaction time, and balance. It is extremely important to discuss this with the participants prior to starting, so as to ensure that the intended message is not undermined by the amusement provided by the activity.
- Ensure that participants understand what is referred to by the term "impairment". Impaired driving is not limited to driving while under the influence of alcohol, but it also encompasses driving while under the influence of illicit drugs such as marijuana and cocaine, or prescription and/or over-the-counter medicine that has fatigue as a side effect (Atavin, Gravol, etc.). Encourage participants to read labels on all medications prior to driving while under their influence.

- Discuss why coordination is important to operating a vehicle. Do so not only in the context of driving a car/truck, but also a snowmobile, ATV, motorcycle, etc. Discuss first how difficult it is to achieve balance and follow the road on the map while wearing the impaired goggles. Liken this to trying to drive while remaining on your side of the road. Discuss the dangers implicated by failing to remain on your side, even if you only veer off for a second.
- Secondly, discuss how when we are driving a vehicle, we not only need to be able to accomplish the relatively simple task of staying on our side of the road, but also to quickly react to unexpected events. Compare the plastic animal in the path and balls being thrown at them to pedestrians darting into the street unexpectedly, another vehicle cutting into their lane, etc. Talk about how when we are impaired, our reaction time is significantly decreased and thus, our ability to effectively deal with unexpected events is severely impaired. Point out that if a person is impaired, their ability to avert an accident is seriously hampered. For example, if a person suddenly darted onto the road in front of a vehicle, the driver would have to simultaneously use their brakes and steering wheel to avoid hitting and potentially harming the individual, and also check their mirrors and blind spots to ensure swerving in certain directions would not mean putting other drivers/pedestrians in danger. Have participants think of other examples to highlight this point.



Nuts n' Bolts

Purpose: To understand how loss of coordination and vision impairment affects everyday tasks, as well as how each individual's actions affect those around them.

Target Audience: Grades 2 +

Materials: Nuts and bolts (Borrow Substance Use Prevention Toolkit)
Oven mitts, gloves, or mittens
Impaired Goggles
*You will need a stop-watch or phone with a stop-watch app

Instructions:

- Divide kids into even teams; have each team form a line.
- Give each team a bolt & nut with the nut screwed all the way onto the bolt. Explain that each person must unscrew the bolt entirely and then re-screw it back on completely before passing it on to the next teammate. Also explain that you will be timing them.
- The first team to finish the relay wins. Record each team's time.
- The second time through the exercise, explain that they must do the same thing but this time wearing a pair of mittens. The mittens are to be passed from player to player along with the bolt & nut.
- Record each teams time during the mitten round.
- The teams will need to do the same task but wearing dark sunglasses with the lights off.
- Again record their times.
- After the sunglasses round, have each team note their three times & share their observations.
- Wrap up with a discussion of how these various impairments mirror the effects of drugs & alcohol on us when we are performing important tasks like driving or operating machinery.



Discussion Points:

- Although this activity encourages participants to have fun, it is also intended to represent the very serious inverse relationship between alcohol/drug consumption and coordination, reaction time, and balance. It is extremely important to discuss this with the participants prior to starting, so as to ensure that the intended message is not undermined by the amusement provided by the activity.

- Discuss how wearing the mitts represents the loss of coordination that accompanies the consumption of alcohol and drugs and that wearing the goggles represents the impairment to our vision and balance. Encourage feedback from the participants about how much more difficult the activity was while wearing the mitts/goggles. This goal can also be achieved by listing the increased time it took to complete the relatively simple task of unscrewing the nuts and bolts while the participants were mimicking impairment.
- Discuss the various ways in which driving a vehicle is much more complicated than unscrewing nuts and bolts. Discuss how when driving any type of vehicle (car/truck, ATV, snowmobile, etc.), you need to be able to simultaneously use the brakes, steering wheel, mirrors, signal lights, etc. while also maintaining awareness of your surroundings.
- Talk about the teamwork aspect of this activity within the framework of understanding how our decisions/actions affect other people besides just ourselves. When a person decides to drive impaired, they are putting themselves, their passengers (if applicable), pedestrians, and other drivers in danger. If you wish to further explore this topic, divide the teams by having some members wear the mitts/impaired goggles, while the others do not. When the races are over, discuss how the two members wearing the mitts/goggles let their other teammates down by slowing down the entire team's performance.
- Ensure that participants understand what is referred to by the term "impairment". Impaired driving is not limited to driving while under the influence of alcohol, but it also encompasses driving while under the influence of illicit drugs such as marijuana and cocaine, or prescription and/or over-the-counter medicine that has fatigue as a side effect (Atavin, Graval, etc.). Encourage participants to read labels on all medications prior to driving while under their influence.



Standard Drink Size Activity

Materials: (Borrow Standard Drink Kit)

- 2 Highball Glasses (1 marked, 1 unmarked)
- 2 Wine Glasses (1 marked, 1 unmarked)
- 2 Beer Glasses (1 marked, 1 unmarked)
- 1 Water Jug
- 1 Measuring Cup
- 8 ½ x 11 Standard Drink Poster
- Low Risk Drinking Guidelines (photocopy for additional copies)

Purpose:

- To demonstrate the standard drink size for a glass of alcohol (beer, wine and liquor).

Activity:

- Using the unmarked glasses and a jug of water, invite participants to pour what they think is a standard drink of beer, wine and liquor. Compare the quantities in the marked and unmarked glasses and discuss.
- If there is not an opportunity to do the pouring demonstrations, simply use the marked glasses and pour water to the fill line for participants to see the quantity of liquid in a standard drink of beer, wine and liquor.



12 oz. Beer (5% alcohol)
=
5 oz. Wine (12% alcohol)
=
3 oz. Fortified Wine (14% alcohol)
=
1.5 oz. Liquor (40% alcohol)



Stress-Less Zone

Stress Relief & Relaxation

Make Your Own Stress Ball

Materials:

- balloons
- flour
- funnel
- scissors

Directions:

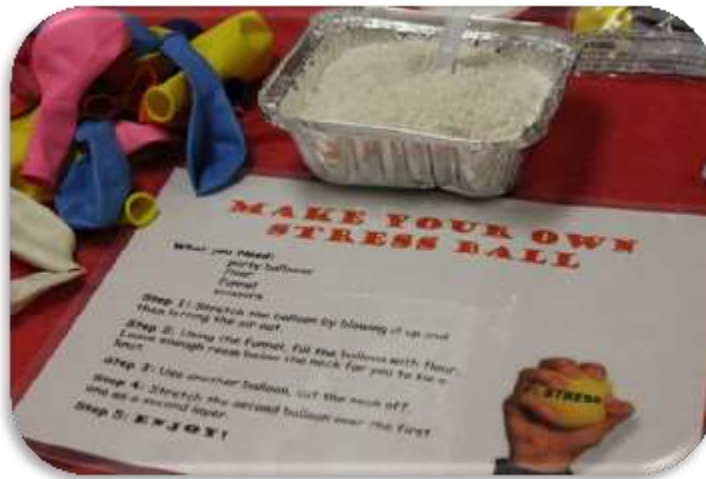
Step 1: Stretch the balloon by blowing it up and then letting the air out.

Step 2: Using the funnel, fill the balloon with flour. Leave enough room below the neck for you to tie a knot.

Step 3: Use another balloon, cut the neck off.

Step 4: Stretch the second balloon over the first one as a second layer.

Step 5: ENJOY!



At-Home Spa Recipes

Sugar Scrub

1/2 Cup of Sugar
3 - 4 Tbsp. of Olive Oil

Let the oil completely saturate the sugar. To use, rub small amount on your hand (or body), then rinse and pat dry for soft, supple skin! You can add a small amount of skin safe fragrance oil to scrub if you like. Store with a lid at room temperature. Use caution exiting tub as oils can make it slippery. This should be used within a week or two.



Facial Cleanser

Banana Facial

Skin Type: Dry Skin

Grab a banana for this moisturizing facial. Mash a peeled banana until it turns into a paste, then mix in 2 tablespoons of honey for an extra skin cleanser.

If the mixture is too thick, add a bit of water. Apply the paste to clean and dry skin, letting it sit for 10 to 20 minutes, then wash the mask off with warm water. Your skin will feel soft and refreshed!

Nail Cleanser: To eliminate the yellow stains from nails, soak them in water with lemon for 5 minutes and then soak them in a little bit of milk for an additional 5 minutes.

Dry Hair Treatment: Massage mashed avocado into wet hair for 15 minutes before rinsing

Natural Hairspray: Combine 2 cups of water with the juice of one lemon, one orange, or two limes in a saucepan. Simmer until it comes to a boil. Cool and strain the mixture. Pour into a spray bottle. It can be used on wet hair to add body, or applied to dry hair!



Mindfulness: Getting the Full Experience

Individual or Group activity

At the core of meditation techniques is the concept of mindfulness – being fully aware of a task at hand. Practicing simple mindfulness can help you live in the moment – a key to inner peace and calm.

For example, the next time you reach for a piece of fruit:

- Notice the colour & texture of its skin.
- Breathe in its aroma. Try to describe it in your mind.
- Think about where it came from and how it got to you.
- As you bite into it, think about how it affects your senses.
- How does the bite sound? Feel? Taste?

Materials:

- Individually wrapped chewing gum, chocolate or fruit

Directions:

- Tell participants to hold the gum/chocolate/fruit close to their mouth but **not** to put it in their mouth.
- *What does it smell like? Look like?*
- After a minute, let them put it on their tongue but not chew it.
- Be aware of taste and texture.
- After another minute, let them chew it once or twice but nothing more.
- What does it take like, feel like?
- What is happening to you?
- Continue to chew slowly.



Progressive Muscle Relaxation

The purpose of progressive muscle relaxation is to teach the difference between tense and relaxed. By learning to be aware of tension and knowing how to relax, you have the ability to manage anxiety better.

Although the risk of injury is low, make sure that you know your own physical limitations. Do not do anything that causes pain or might cause injury. If you're not sure, then it's best to skip anything that might be unsafe for you.

During the progressive muscle relaxation exercise, you'll practice tensing and relaxing muscle groups in a successive order. To begin, position yourself comfortably sitting in a chair or lay on the ground.

To get yourself ready to relax, take 5, slow, deep breaths.

Relaxation
is freedom from stress.

There are many great benefits of relaxation.
It improves physical & mental health. It helps control your response to stress, enhances balance & flexibility, & increases energy, confidence, courage, motivation, creativity & productivity in your life.

Relaxation Techniques take time & practice. Find what's right for you!

- Mindfulness** - Learn to be present in the moment.
- Stretching** - Keeps muscles flexible & helps you relax. Relieves tension in your head, neck, shoulders - the muscle groups most affected by stress.
- Meditation** - Calm your thoughts by focusing your mind on one thing.
- Deep Breathing/Abdominal Breathing** - Helps quiet the mind, relax the body & ease pain. It can help with anxiety/panic attacks, depression, anger, headaches & fatigue.
- Progressive Muscle Relaxation** - To relax you need to be aware of how it feels to be tense.
- Visualization/Guided Imagery** - Mental images to help you relax, reduce pain & sleep better.
- Massage Therapy** - Releases muscle tension, promoting relaxation & helps with pain relief.
- Aromatherapy** - Uses essential oils (plant & flower fragrances) to balance mind & body.
- Positive Self-Talk** - Have a positive attitude to help diffuse stress & improve overall health.

Laughter improves self confidence, helps release pent-up feelings & minimizes negative emotions.
Pets reduce loneliness, relieve stress & depression, boost self esteem & help you adjust to life changes.

Proper sleep is needed to restore & repair our bodies.
Music helps you get "in the zone". Upbeat music helps you feel more energized & takes your mind off things.

See Handouts for a detailed description of Relaxation Techniques.

Habits to Avoid

- Smoking, drinking alcohol & using other drugs do not help with long-term relaxation.
- Eating unhealthy foods also makes you more vulnerable to stress.
- Lack of sleep adds to stress & poor concentration.

For more information or support, contact your local **Mental Health & Addiction Services Office**.

Mental Health Crisis Line
1-888-737-4663

NL Health Line
1-888-709-2520

Progressive Muscle Relaxation Script

This script will take you through a series of tensing and relaxing of muscle groups working from your feet to your head. Each time you tense and flex your muscles, hold that tensed position for seven seconds and then relax.

1. Start by pointing and then curling your toes for seven seconds. Feel the tension in the bottom of your foot and in your calf muscle. As you relax your feet, notice the difference between tense and relaxed.
2. Next, lift your toes and your foot upward toward your knee for seven seconds. You should feel tension in the front part of your leg. As you slowly relax, feel the leg muscle relax like a rope that has a lot of slack in it.
3. Next, hold your legs out in front of you as if you were sitting on a sled. Hold that for 7 seconds. Slowly lower your feet back to the ground.
4. We'll move on to your stomach muscles next. Tighten your stomach muscles like you're preparing to be punched in the stomach. After 7 seconds, slowly relax those muscles so that you're only using the muscles needed to maintain your posture.
5. Now shrug your shoulders back, like you are trying to touch your shoulder blades together. Feel how tense your back muscles are as you hold that for 7 seconds. Now slowly relax your back muscles.
6. Now for your chest, straighten your arms and put your hands together like you are clapping. Push your hands against each other for 7 seconds. Now relax your arms and let them slowly fall back into a rested position.
7. Now hold your hands out and pretend like you are holding a tube of toothpaste in each hand. Spend 7 seconds squirting all the toothpaste out of the tubes. Then slowly relax your hands and let your arms relax back into a resting position.
8. Next tilt your head back and look at the ceiling above you. Feel the tension of the muscles in the back of your neck. Hold that for 7 seconds and then relax.
9. Now look down toward your feet and tuck your chin into your chest. Feel the tense muscles in the front of your neck and hold it for 7 seconds. Now slowly relax and return your head to a straightened position.
10. Next make a big frown. Try to make the corners of your mouth touch your chin. Hold that for 7 seconds before relaxing your mouth.
11. Now make a big smile. Try to make the corners of your mouth touch your ears. Hold that for 7 seconds and then relax.

12. Now lower your eye brows like you are really mad about something. Feel your eye brows tense as they go lower toward your eyes. Hold that for 7 seconds, and then let your eyebrows return back.
13. Now raise your eyebrows as if you are really surprised. Act like you stay surprised for 7 seconds before letting your eyebrows rest back into place.

You have now completed your progressive muscle relaxation exercise, but you can continue to relax even more deeply. Review in your mind each of the muscle groups that you have relaxed. In your head, say the names of the parts of your body starting with your feet all the way to your head. Review and notice how each of these areas is relaxed. You have relaxed your feet, your legs, your stomach, your back, your chest, your hands and arms, your neck, your mouth, and your eyebrows.

Next time you feel tense in one of these areas, just tense that area for 7 seconds and then relax it. Over time, you will begin to notice tension in your muscles more easily and you'll be able to relax those muscles quicker. You'll have more control over your response to stress.

Your Mind & Art – Graffiti Wall

Materials:

- Roll of Banner Paper
- Markers, Colouring Pencils
- Tape

Directions:

- Title the paper 'Graffiti Wall' with the question below "What do you do to Stress-less?"
- Tape the banner paper onto the wall or lay it flat on a table and ask participants to answer the question and be as creative as they want with images, colour, words, etc.



Your Mind & Music

Materials:

- Relaxation CD's
- CD Player
- Headphone
- Wipes to clean headphones
- Table and Chair
- Extension Cord
- Music and the Mind Poster Display

Directions:

- Find a comfortable corner to set up the table and chair.
- Instruct participants to sit and listen to a relaxation cd.
- Encourage participants to close their eyes and enjoy the relaxing sounds.



MUSIC AND THE MIND

People, animals and even plant life will react to a rhythmic melody. Regardless of age or culture, music seems hardwired into our genes. Young infants respond faster to music than to language. Play a toe-tapping tune from days gone by and older adults will suddenly start reminiscing about their youth. Music can exert a powerful effect on the mind, affecting mood, memory and energy level.

WHAT IS MUSIC THERAPY?

Music therapy uses the power of music to promote health and well being. A qualified music therapist will connect with the client's emotional, cognitive, physical and spiritual health through a variety of musical experiences, like singing, songwriting, listening and moving to the beat of a steady rhythm.

FOR MORE INFORMATION

<http://www.musictherapy.ca>

Sandra Hewitt-Parsons
Expressive Art Therapies
Phone: (709) 632 9464
(709) 640 5163
Email: hewittparsons@gmail.com

The poster features a background of blue water droplets. On the right, a man in a yellow shirt is wearing headphones and dancing with his arms raised. On the bottom left, a woman with red hair is also wearing headphones and smiling.

Photo Booth Fun

Materials:

- Backdrop material suggestions: fabric tablecloths, curtains, etc.
- Props: a basket of masks, mustaches, hats, etc.
- Photo booth decor – string lights, cardboard chandelier, plants, etc.
- Camera
- Tripod and remote (optional)
- Photo printer and photo paper
- Cord to connect camera to printer
- A bench
- Extension Cord
- Photo consent form



Directions:

- Choose a wall / area for your photo booth. Ensure that you have enough light; if not, use mini lights or a lamp.
- Create a backdrop of your choice (fabric are better than plastic background as they do not cast a glare in the photo).
- Decorate the photo booth using plants, lights, chalkboard, etc (create a fun theme i.e., jungle, Broadway, fairy tale,).
- Organize the props so that it is easy for participants to pick.
- Be silly and have fun!



Moving for Mental Health

Materials:

- Recreation for Mental Health: Sigmund's Guide to a Healthy Mind, Healthy Body Tool Kit
Visit www.westernhealth.nl.ca/mha for a copy of the tool kit or to borrow the tool kit.
- Physical Activity Let's Get Moving for Mental Health Poster Display

Directions:

- Choose an activity from the Sigmund's Guide to a Healthy Mind, Healthy Body Tool Kit.





Physical Activity
Let's Get Moving for Mental Health

Active Bodies, Active Minds! Be physically active to take care of your physical & mental health. Feel the results... physical activity reduces stress & anger, reduces the symptoms of anxiety & depression. It improves mood, sleep, focus, motivation & self-esteem, boosts energy, promotes relaxation and is fun!

Stretch Away Stress
Stretching keeps muscles flexible & helps you relax. It relieves aches in your head, neck, shoulders – the muscle groups most affected by stress.

Walk Away Worry
Take a walk, take the stairs, leave the car home for short trips, or park at the far end of the parking lot. Bring a basket, walk the dog or walk alone to get away from the hustle & bustle of life.

Dance Your Care Away
Dancing not only gets your body moving but the music also brings a more positive, relaxed & care-free state of mind.

Run to Relax
Running exerts excess energy & hormones to help relieve stress, improve mood, promotes relaxation & boost confidence.

Bike to Beat Stress
Cycling decreases stress, reduces anxiety & depression. It's a low-impact exercise for people of all ages. Whether you cycle for recreation, sport, or transport, it's fun & good for the environment.

Sport your Self-Esteem
Participate in a sport to be social, part of a team, improve body image & self-esteem. It encourages healthy competition, healthy habits & people feel good as they master new skills.

Work Out Worry
Working out takes your mind off worries. It's a distraction from the stress & hassles of everyday life.

Find an Activity you Enjoy!
Whether its indoor or outdoor, individual or group, find an activity you enjoy & have fun making activity part of your everyday life. **30 minutes a day can make a difference. Being physically active every day is enjoyable & safe for most people.** Visit www.can.ca/actives or www.westernhealth.nl.ca for the Canadian Physical Activity Guidelines.

For more information or support, contact your local Mental Health & Addiction Services Office.
Mental Health Crisis Line: 1-888-737-4004
NL Health Line: 1-888-709-2029

Western Health

Let's Get Moving for Mental Health

Worry Warriors

Materials:

- Popsicle sticks/toothpicks
- Pipe cleaners / plastic beads
- Wool / embroidery thread
- Glue
- Scissors / utility knife



Directions:

Keep the bogeyman at bay by making a worry warrior to take your troubles away! Worry people are very popular in the Guatemalan culture.

- To make your own worry doll, take two popsicle sticks (or toothpicks). Cut one in half lengthwise, and then cut each half across the width.
- Glue two $\frac{1}{4}$ stick lengths to the bottom for legs and the other two $\frac{1}{4}$ sticks for arms. Leave it to dry for a few minutes.
- Put some glue on the bottom of the stick, making sure that the “legs” and part of the body are covered.
- Wind one colour of thread / wool around the bottom half of the stick, making sure that there is no bare wood showing through.
- Now cover the top half in glue, but keep the very top (2 – 3 cm.) glue free.
- Take another colour of thread and wind it around the top.
- If using the popsicle stick method, choose a pipe cleaner and start winding it around the top for a face.
- If using a toothpick for the worry warrior, fill the hole in a plastic bead with glue and slide it over the top of the toothpick.
- You can add hair and other little fancy decorations by gluing them on.
- The next time you feel scared, tell the worry warrior your troubles and place it under your pillow until morning. Legend has it that the worry doll will take away your worries!



Stained “Glass”

Materials:

- Crayons
- Utility knife / scissors
- Iron
- Wax Paper
- Black Construction paper
- Glue
- Extension Cord



Directions:

- Shave crayons down in individual colours before the activity.
- Lay a sheet of wax paper on the table and ask the participant to “decorate” it by laying the crayon shavings on top.
- When s/he is finished, put another piece of wax paper on the top.
- Iron the layers on a low setting so that the colours melt.
- Make a frame out of black construction paper and frame the art piece, then hang it in a window!

Adaptations:

- A stained glass look can also be achieved through using tissue paper and glue. Glue it onto the wax paper and leave to dry. Cut out two outlines of the same design (it can also be two frames as in the crayon version) in black construction paper. Align and glue on the outside of the wax paper. Cut off any excess paper.
- Instead of wax paper, the tissue can be glued onto a plastic page protector. When dry, it should peel off. Frame it in black construction paper and cut off any excess tissue.



Face Painting

Materials:

- Non-toxic or water-based paint or face painting crayons
- Make-up or synthetic brushes of different thickness
- Make-up sponges
- Water
- Paint tray (optional)
- Baby wipes
- Make-up remover (optional)



Directions:

- Have a general idea of what designs you want to paint. Set a few photos of the designs near your work area so you can refer to them often. This also makes it easier for children to pick something you are comfortable painting.
- Use a makeup sponge to apply large areas of color which will save you time. Always have different sponges for each color so you don't have to stop to wash out the sponge. Having several sponges also minimizes the risk of the colors becoming muddy.
- Apply thin layers of face paint. Thick layers of paint are likely to crack. Allow each layer to dry so the colors don't accidentally mix with each other.
- Use synthetic brushes that are of high quality. Stay away from low-quality brushes which can leave brush hairs on the skin as you paint. Use a liner brush for fine details and a medium-sized round brush for bigger strokes.
- Use stencils if you are uncomfortable painting freehand. Popular stencils include stars, tear drops, butterflies, animals, hearts and flowers. Use cotton swabs to make several small polka dots.



Homemade Flubber

Materials:

- 3/4 cup cold water
- 1 cup Elmer's glue liquid food coloring
- 1/2 cup hot water
- 1 teaspoon borax (you can find this in a box in the laundry aisle)

Directions:

Step 1: in bowl 1 – mix together the cold water, glue, and food coloring. Set aside.

Step 2: in bowl 2 – mix together the hot water and borax, until the borax is completely dissolved.

Step 3: slowly add glue mixture to borax mixture. Mix well. Pour off excess water.



Glitter Slime

Materials:

- 1 Elmer's Glitter Glue
- 1 Cup Water
- 1 tsp. Borax
- 1 Tb Water

Directions:

- Mix 1 tsp. Borax and 1 Cup water together.
- Empty the Glitter Glue into a bowl.
- Add 1Tb Water to the glue and mix it together.
- Then pour the Borax mixture inside of the bowl.
- Combine the glue and the mixture together; right away you will see how the Glitter Slime will start to form.
- Don't leave the slime in the water mixture too long since it will make the slime too hard.
- TIP: Don't throw the extra Borax mixture yet. If the slime gets too slimy you can put it back inside and it will harden some more.



Homemade Play Doh

Materials:

- 1 cup white flour
- 1/2 cup salt
- 2 tablespoon cream of tartar (find it in the spice section)
- 1 tablespoon oil
- 1 cup water
- Food coloring



Directions:

- Mix first 4 ingredients in a pan.
- Add water and mix well.
- Cook over medium heat, stirring constantly, for 3 – 5 minutes. Dough will become difficult to stir and form a “clump”.
- Remove from stove and knead for 5 minutes—add food coloring during kneading process.
- Play dough will keep for a long time stored in a covered plastic container or plastic sandwich bag.



Today I Feel...

This activity helps children share how they feel without having to say anything. It can also be used to initiate discussion about emotions.

Sometimes it can be difficult to express our emotions and share how we feel.

3 Options for participants to share their feelings with others:

Option #1 – Paper Bag Mask

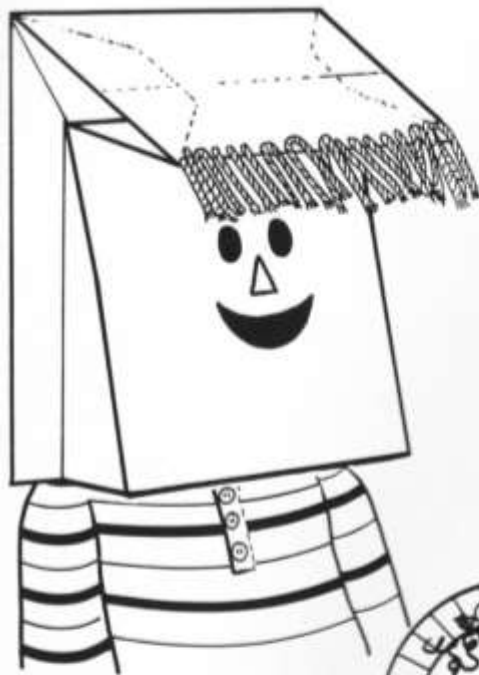
Option #2 – Paper Plate Mask

Option #3 – Feeling Face Sticker

(Email mha@westernhealth.nl.ca to request stickers)



Masks



Use

1. paper bag from the grocery store
2. marking pens or crayons

Directions

1. Draw how you feel on the paper bag.
2. Cut out holes for your eyes.

Use

1. paper plate
2. stapler or paste
3. marking pens or crayons
4. tongue depressor

Directions

1. Draw how you feel on the paper plate.
2. Staple or glue the tongue depressor to the plate.





**Mental Health & Addictions
Organizations & Help Lines**

Mental Health & Addictions Organizations

Community Mental Health Initiative Inc.

Interagency Coordinator
Mental Health Promotion Coordinator
Telephone: (709) 634-4117
Telephone: (709) 634-4321
Website: www.communitymentalhealthinitiative.ca
133 Riverside Drive, P.O. Box 2006
Corner Brook, NL A2H 6J8

Canadian Mental Health Association

Regional Coordinator, Western Region
Telephone: 1-855-643-5553
Website: www.cmhanl.ca
157 Minnesota Drive, P.O. Box 17
Stephenville, NL A2N 2Y7

Schizophrenia Society Newfoundland and Labrador

Family Support Worker, Western Region
Telephone: (709) 640-5163
Website: www.ssnl.org
2 Herald Avenue
PO Box 20053 Mill Brook Mall
Corner Brook, NL A2H 7J5

Western Health, Mental Health & Addiction Services

Regional Mental Health Promotion Consultant
Regional Addictions Prevention Consultant
Telephone: (709) 634-4927/634-4171
Telephone: (709) 634-4921/634-4171
133 Riverside Drive, P.O. Box 2005
Corner Brook, NL A2H 6J7

Website: www.westernhealth.nl.ca/mha

Visit the Western Health Prevention and Promotion website for more educational resources and promotional materials. Email: mha@westernhealth.nl.ca to request print materials or borrow items.

Mental Health & Addiction Services Offices:

Corner Brook 634-4506/4171
Stephenville 643-8740
Port aux Basques 695-6250

Burgeo	886-2185
Deer Lake	635-7830
Norris Point	458-2381
Port Saunders	861-9125

Consumers' Health Awareness Network Newfoundland and Labrador (CHANNAL)

Tel: 643-4361

E-mail: peerwestern1@channal.ca

Website: www.channal.ca

CHANNAL Peer Support Warm Line: 1-855-753-2560

Safe Works Access Program, Aids Committee Newfoundland and Labrador

ACNL offers a **MOBILE ONLY** service on Tuesday and Thursday evenings from 7:00-10:00pm in the Corner Brook area. If you live outside of Corner Brook, ACNL can make arrangements to send supplies to you at another time. Call **634-SWAP** to request a delivery or pick up.

For more information on available programs and resources, please contact one of the service providers above.

Help Lines

Mental Health Crisis Line	1-888-737-4668
HEALTHLINE	811 or 1-888-709-2929
Kids Help Phone	1-800-668-6868
CHANNAL Peer Support Warm Line	1-855-753-2560
Gambling Help Line	1-888-899-4357
Transition House	1-866-634-4198
Smokers Help Line	1-800-363-5864

Websites

www.bridgethegapp.ca
<http://breathingroom.me>
www.understandnow.ca
www.checkitoutnl.ca
www.westernhealth.nl.ca/mha