



FDK Newsletter

Important dates:

Black History Month

2nd – Groundhog Day

13th – P.A Day (Full Day Program)

14th – Valentines Day (No Food Items
Wear Red or Pink)

15th - Hindu: Maha Shivaratri

16th – Family Day (Centre Closed)

17th – Chinese New Year

17th to Mar.19- Ramadan

26th – Pink Shirt Day (Wear a Pink Shirt)
raise awareness about bullying

Health and Wellness

Mindful breathing is a practice designed to center oneself in the present moment, allowing a person to release worries about the past or future. Research has shown that mindful breathing can reduce anxiety, alleviate certain types of pain, combat burnout, and decrease negative thinking.

In FDK, children experience many different emotions throughout the day. When they feel upset, stressed, or even happy, we use mindful breathing techniques to help them calm their bodies and focus on the present moment. One example is “**breathing in happiness and breathing out sadness.**” Children take a long, deep breath in, imagining that they are

breathing in happiness, and then slowly exhale, imagining that they are breathing out sadness. We repeat this several times, as needed. Since the exercise can feel a little silly, it often helps the children smile while also calming down, which allows them to better work through whatever situation has come up. Mindful breathing can reduce anxiety, help manage stress, and support children’s overall well-being.

Another breathing technique is the 5 5 5 breathing technique. It is when you inhale very slowly through your nose for 5 seconds: 1-2-3-4-5. Next you exhale very slowly through your nose or mouth for 5 seconds: 1-2-3-4-5. Wait for 5 seconds: 1-2-3-4-5. Repeat the process three more times (1 minute total).



RESOURCES: BREATHING TECHNIQUES

<https://mentalhealthcenterkids.com/blogs/articles/rainbow-breathing-for-kids>

<https://cabin creekhealth.com/guided-relaxation-triangle-5-5-5-breathing/>

Reminders

Please make sure you have extra clothes and indoor shoes for your child. We also recommend to label your child belongings.

