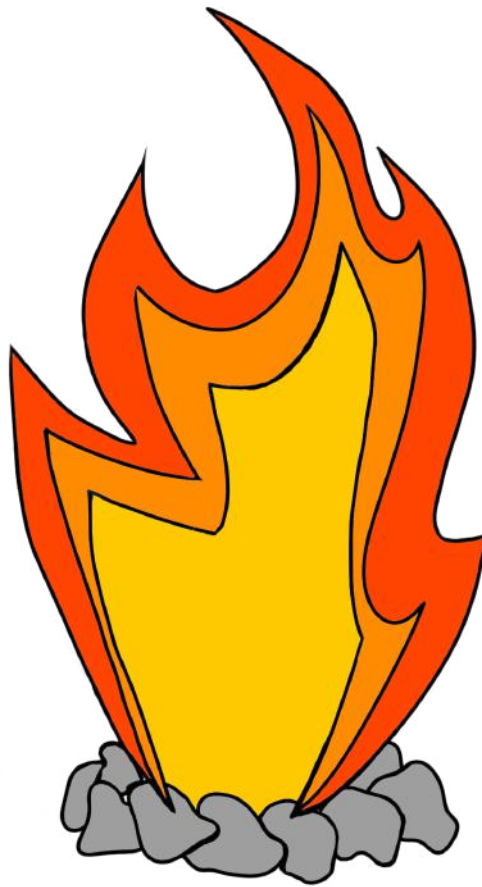


# 19 Things to do at Home - Adult

Protecting Our Home Fires Strategy



Morning Star  
Lodge

©Dr. Carrie Bourassa



UNIVERSITY OF SASKATCHEWAN  
**College of Medicine**  
DEPARTMENT OF COMMUNITY  
HEALTH AND EPIDEMIOLOGY  
MEDICINE.USASK.CA

## 19 Things to do at Home - Adults

<b>1. Recipes</b>	<b>4</b>
<b>Breakfast Ideas:</b>	<b>4</b>
<i>Overnight oats</i>	<b>4</b>
<b>Lunch Ideas:</b>	<b>4</b>
<i>Slow cooker Lentil and Ham Soup</i>	<b>4</b>
<i>Flatbread</i>	<b>5</b>
<i>Garlic Knots</i>	<b>5</b>
<b>Dinner Ideas:</b>	<b>6</b>
<i>Baked Spaghetti</i>	<b>6</b>
<i>Taco Salad</i>	<b>7</b>
<i>Mom's Chili Recipe</i>	<b>7</b>
<i>Meatloaf</i>	<b>8</b>
<i>Shepard's Pie</i>	<b>8</b>
<i>Lasagna</i>	<b>9</b>
<i>Homemade Mac and Cheese</i>	<b>10</b>
<b>Dessert Ideas:</b>	<b>10</b>
<i>Blueberry Crisp</i>	<b>10</b>
<b>2. Spring Cleaning Items</b>	<b>12</b>
<b>3. Physical Activity Plan/Stretches*</b>	<b>13</b>
<b>4. Gardening Tips</b>	<b>15</b>
<b>5. Sudoku</b>	<b>16</b>
<b>6. Crosswords</b>	<b>17</b>
<b>7. Word Searches</b>	<b>18</b>
<b>8. Sleep Hygiene Tips</b>	<b>20</b>
<b>9. Crafting Ideas</b>	<b>21</b>
<b>10. Colouring Pages &amp; Drawing Prompts</b>	<b>22</b>
<b>11. Poetry/Writing Prompts</b>	<b>25</b>
<b>12. Music</b>	<b>27</b>
<b>13. Foraging Traditional Food and Medicine Fact Sheet</b>	<b>28</b>
<b>14. Quiz: True or False COVID 19 Myths</b>	<b>29</b>
<b>15. Bingo</b>	<b>30</b>
<b>16. Practices for Personal Wellbeing</b>	<b>34</b>
<b>17. Muskeg Tea Recipe</b>	<b>35</b>
<b>18. Grief Fact Sheet</b>	<b>36</b>

**19. Keeping your Anxiety and Stress Levels in Check**

**38**

**Answer key for the Activities:**

**40**

# 1. Recipes

## **Breakfast Ideas:**

### ***Overnight oats***

#### **Ingredients:**

- ⅓ Cup Greek or normal yogurt
- ½ Cup rolled oats
- ⅔ Cup milk or milk substitute
- ½ Tsp maple syrup/honey/sweetener of your choice
- Dash of vanilla
- Optional:
  - 1 Tbsp flax/chia seed
  - Frozen or fresh fruit for topping

\*If you don't have yogurt, but still want oats, try adding equal parts oats to milk instead of yogurt.

#### **Directions:**

Add all ingredients to a jar/container and place in the fridge overnight. Add frozen or fresh fruit on top and serve hot or cold in the morning.

## **Lunch Ideas:**

### ***Slow cooker Lentil and Ham Soup***

Serving size: 6

Cook/prep time: 11 hours

#### **Ingredients:**

- 1 Cup dried lentils or any type of pulse or bean on hand
- 1 Cup chopped celery
- 1 Cup chopped carrots
- 1 Cup chopped onion
- 2 cloves garlic, minced
- 1 ½ Cup diced cooked ham
- ½ Tsp dried basil
- ¼ Tsp dried thyme
- ½ Tsp dried oregano
- 1 Bay leaf
- ¼ Tsp black pepper
- 32 oz. Chicken broth
- 1 Cup water
- 8 Tsp tomato sauce

Directions:

Add all ingredients in the slow cooker and stir in the chicken and tomato sauce. Cover and cook on low for 11 hours. Make sure to discard the bay leaf before serving.

### ***Flatbread***

Serving Size: 6 or two flatbreads/pizza

Cook-prep time: 40 minutes

Ingredients:

Yeast Mixture

- 2 1/4 tsp yeast
- 1/2 cup warm water
- Dissolve and let sit for 10 minutes

Dough mixture

- 3 1/2 c flour
- 1 c warm water
- 1 tbsp sugar
- 2 tbsp olive oil
- 3/4 tsp salt
- Add yeast mixture
- 
- Brush with Italian salad dressing, just enough to cover dough (or add favourite toppings)

Directions:

- After you have mixed the yeast ingredients, add it to the dough mixture and roll into a ball.
- Let dough rise in a warm place.
- After the dough has risen, brush with Italian salad dressing or add your favourite toppings.
- Bake at 400°F until golden brown for 15-20 minutes.

### ***Garlic Knots***

Serving Size: 6

Cook-prep time: 40 minutes

Ingredients:

Yeast Mixture

- 2 1/4 tsp yeast
- 1/2 cup warm water
- Dissolve and let sit for 10 minutes

Dough mixture

- 3 1/2 c flour



- 1 cup warm water
- 1 tbsp sugar
- 2 tbsp olive oil
- ¾ tsp salt
- Add yeast mixture
- Brush with egg wash and ¾ tsp garlic powder

Directions for egg wash:

- Crack an egg into a bowl and beat it thoroughly with a fork.
- Add 2 tablespoons of water and a pinch of garlic salt.
- Stir until combined.

Directions for garlic knots:

- After you have mixed the yeast ingredients, add it to the dough mixture and roll into a ball.
- Cut dough in ½, then into quarters (8 pieces).
- Roll each piece into a long string and fold into an individual knot.
- Brush with egg wash.
- Bake at 400°F until golden brown for 20-25 minutes.

## **Dinner Ideas:**

### ***Baked Spaghetti***

Serving size: 6

Cook/prep time: 1hr

Ingredients:

- Cooking spray
- 16 oz. spaghetti
- 2 tbsp. extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 2 cloves garlic, minced
- 1 lb. ground beef
- kosher salt
- Freshly ground black pepper
- 1 tsp. Italian seasoning
- 1 (28-oz.) can crushed tomatoes
- 1/2 c. basil, chopped
- 1 c. shredded mozzarella
- 1/4 c. Parmesan

Directions:

- Preheat the oven to 350°F and grease a medium size baking dish.
- Cook Spaghetti al dente, drain, and set aside.
- In a large skillet add oil and heat over medium. Add onions and cook until translucent, add garlic and sauté for one minute or until fragrant. Add ground beef, season with salt, pepper, and Italian seasoning, and cook until no longer pink, about 8

minutes. Drain fat in a bowl lined with paper towels and return to the pan. Pour in crushed tomatoes and basil and simmer until slightly reduced, about 10 minutes. Season with more salt and pepper to taste.

- Add in the Spaghetti and toss. Transfer to the greased baking dish and add mozzarella and parmesan on top.
- Bake until cheese is melted, and pasta is heated through, about 20-30 minutes.

### ***Taco Salad***

Serving Size: 6

Cook-prep time: 20 minutes

#### **Ingredients:**

- 1 lb ground beef
- 1 tsp any oil of choice
- 2 tbsp taco seasoning (store-bought or home-made)
- 8 oz romaine lettuce (chopped)
- 1 1/3 cup grape tomatoes (halved)
- 3/4 cup cheddar cheese (shredded)
- 1 medium avocado (cubed)
- 1/2 cup green onions (chopped)
- 1/3 cup salsa
- 1/3 cup sour cream

#### **Directions:**

- Heat oil in a skillet over high heat. Add ground beef. Stir fry, breaking up the pieces with a spatula, for about 7-10 minutes until the beef is browned and moisture has evaporated.
- Stir taco seasoning into the ground beef until well combined.
- Meanwhile, combine all remaining ingredients in a large bowl. Add the ground beef. Toss everything together.

### ***Mom's Chili Recipe***

Serving Size: 6

Cook-prep time: 40-50 minutes

#### **Ingredients:**

Meat mixture

- 2 pounds ground beef (or substitute with other meat)
- 1 onion, chopped

Bean mixture

- 2 cans brown beans
- 2 cans kidney beans
- 1 can diced tomatoes
- 1 can tomato sauce
- 2 tablespoon of chili powder

Directions:

- Brown ground beef and onions drain any grease and set aside.
- Combine bean mixture with beef mixture. Simmer until flavours combine, for 10-20 minutes.
- Serve with buns and a salad and enjoy with family and friends!

***Meatloaf***

Serving: 8

Cook/prep time: 1hr

Ingredients:

- 1 ½ pounds lean ground beef
- 1 egg
- 1 onion, chopped
- 1 cup dried breadcrumbs or cracker crumbs
- 1 cup milk
- salt and pepper to taste
- 2 tablespoons brown sugar
- 2 tablespoons mustard
- ⅓ cup ketchup

Directions:

- Preheat the oven to 350°F. In a large bowl, combine the beef, egg, onion, milk and bread or cracker crumbs.
- Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, or form into a loaf and place in a lightly greased 9x13 inch baking dish.
- In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
- Bake at 350°F for 1 hour.

***Shepard's Pie***

Serving: 4

Cook/prep time: 1hr 15 minutes

Ingredients:

- 1 1/2 to 2 pounds potatoes (about 3 large potatoes), peeled and quartered
- 1 1/2 lbs ground round beef (or substitute with other meat)
- 8 Tablespoons butter
- 1 onion, chopped
- 1-2 cups vegetables—diced carrots, corn, peas
- 1/2 cup beef broth
- Salt, pepper, other seasonings of choice

Directions:

- Boil the potatoes: Place the peeled and quartered potatoes in a medium sized pot. Cover with at least an inch of cold water. Add a teaspoon of salt. Bring to a boil,



- reduce to a simmer, and cook until tender (about 20 minutes).
- Sauté vegetables: While the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes.
- If you are including vegetables, add them according to their cooking time. Carrots should be cooked with the onions, because they take as long to cook as the onions do. If you are including peas or corn, add them toward the end of the cooking of the onions, or after the meat starts to cook, as they take very little cooking time.
- Add ground beef to the pan with the onions and vegetables. Cook until no longer pink. Season with salt and pepper.
- Add the beef broth. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more beef broth if necessary, to keep the meat from drying out.
- Mash the cooked potatoes: When the potatoes are done cooking (a fork can easily pierce), remove them from the pot and place them in a bowl with the remaining 4 Tbsp of butter. Mash with a fork or potato masher, and season with salt and pepper to taste.
- Layer the meat mixture and mashed potatoes in a casserole dish: Preheat the oven to 400°F. Spread the beef, onions and vegetables in an even layer in a large baking dish (9x13 casserole).
- Spread the mashed potatoes over the top of the ground beef. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned. You can even use a fork to make creative designs in the mashed potatoes.
- Bake in the oven: Place in a 400°F oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.

### ***Lasagna***

Serving: 6-8

Cook/prep time: 1hr

#### Ingredients:

- 1 lb lean ground beef (or substitute with other meat)
- 4 cups tomato-basil pasta sauce
- 6 uncooked lasagna noodles
- 1 (15 ounce) contained cottage cheese
- 2 ½ cups shredded mozzarella cheese
- ¼ cup hot water

#### Directions:

- Cook beef in a large skillet over medium heat, stirring until it crumbles and is no longer pink; drain. Stir in pasta sauce.
- Spread one-third of meat sauce in a lightly greased 11- x 7-inch baking dish; layer with 3 noodles and half each of cottage cheese and mozzarella cheese (the cottage cheese layers will be thin). Repeat procedure; spread remaining one-third of meat sauce over mozzarella cheese. Slowly pour ¼ cup hot water around the inside edge of the dish. Tightly cover the baking dish with 2 layers of aluminium foil.
- Bake at 375°F for 45 minutes; uncover and bake 10 more minutes. Let stand 10 minutes before serving.

### ***Homemade Mac and Cheese***

Serving: 6

Cook/prep time: 20 minutes

#### **Ingredients:**

- 8 oz elbow macaroni uncooked

#### **Cheese Sauce:**

- 2 tbsp butter
- 2 tbsp all-purpose flour
- ½ tsp sea salt
- ¼ tsp garlic powder (optional but recommended)
- 1 cup milk
- ¼ cup sour cream or Greek yogurt
- 2 cups shredded cheddar cheese

#### **Directions:**

- Cook elbow macaroni according to package instructions. Add ¼ tsp salt to the water used to boil the noodles. Drain, and set aside.

#### **Cheese Sauce:**

- Mix flour, sea salt, and garlic powder together in a small bowl. Set aside.
- In a medium saucepan over medium heat, melt the butter.
- Add flour mixture and whisk to combine.
- Cook for 1 minute until the mixture is slightly brown.
- Add 1 cup milk and whisk until the mixture is smooth.
- Add sour cream (or Greek yogurt) and whisk until smooth.
- Cook on medium-high heat until the mixture is thickened (about 3-5 minutes). Do not let it boil.
- Once mixture is thick (sticks to the back of the spatula), reduce heat to low and add cheese. Whisk until the cheese is melted and the mixture is smooth. Taste and add more salt/seasoning if desired.
- Add cooked pasta to the pot of cheese sauce and stir until the sauce is evenly distributed.
- Let the mac and cheese cool for 3-5 minutes or until the cheese sauce has thickened a little bit and sticks to the noodles. Serve warm!

### **Dessert Ideas:**

#### ***Blueberry Crisp***

Serving: 6

Cook/prep time: 1hr

#### **Ingredients:**

- 5 cups blueberries, fresh or frozen
- 2 Tbsp sugar
- 3 Tbsp flour
- 1 lemon

#### **Topping Ingredients:**

- ¼ cup butter *softened*

- 1/2 cup brown sugar
- 1/4 cup flour
- 3/4 cup oats *regular or quick*
- 1/2 cup almonds *chopped (optional)*
- 1/4 teaspoon cinnamon

Directions:

- Preheat the oven to 375°F.
- Grate the rind of the lemon and squeeze the juice of half of the lemon.
- Toss blueberries, with sugar, lemon rind, 1 tablespoon lemon juice and 3 tablespoons flour. Place in a 2qt baking dish.
- With a fork, combine the butter, brown sugar, oats, flour, nuts if using and cinnamon until crumbled. Sprinkle over blueberries.
- Bake for 35-40 minutes or until the top is golden brown and the fruit is bubbly. Cool slightly and serve warm.

## 2. Spring Cleaning Items

Stuck at home and looking for something to do? This is the perfect time to start some spring clean-up or get to cleaning things that you may not normally have time for. Here are some ideas to spark some motivation to get cleaning:

### **Outside:**

- Rake/clear dead leaves, pinecones, and any other trash that may have settled during the winter.
- Rake the dead grass to make way for the new growth.
- Re-edge the grass around the sidewalk.
- Weed the garden beds and grass.
- Cut back any dead leaves or stalks on perennials to help new growth.
- Prepare garden beds by tilling and breaking the ground.

### **Inside items that are often forgotten about/people may forget to clean:**

- Washing machine:
  - Drain and clear the filter of your washing machine. Check your manual to see specific instructions for this.
  - After you are finished, clean the gasket with some white vinegar to help with any mineral/scum build-up.
  - To clean the drum of the washer, run two cups of white vinegar on the hottest setting. After the first cycle, add another two cups of vinegar, but this time add ½ cup of baking soda and run another cycle on the hottest setting.
- Dish washer:
  - With an empty dishwasher, clear the drain and remove any build-up of food.
  - Put a cup of vinegar in a dishwasher safe cup and place on top rack and run the dishwasher. This should remove any mineral build-up or scum residue, but to get a fresher smelling dishwasher, sprinkle baking soda on the bottom of the machine and run a quick cycle on the hottest setting to remove any odours.
- Clean underneath your appliances.
- Clean out the fridge with a disinfectant and give it a wipe with a cloth and warm water.
- Organize the messy closet that you may have been putting off.
- Clean out your vehicle.
- Clean your mattress with a vacuum and flip it.
- Clean out and organize your garage, or any other area that might collect clutter or be a catch-all space for junk.
- Organize your printed or digital photos.

### 3. Physical Activity Plan/Stretches\*

Maintaining physical fitness is crucial to a person's holistic health and a great solution for relieving stress while under quarantine. Even small amounts of physical activity throughout the day can help in lowering stress, prevents blood pressure from rising, maintaining a healthy weight, and provides a plethora of other holistic health benefits.

In order to implement exercise as a healthy habit it is recommended that you create a physical activity plan. Your physical activity plan should fit your needs and should fit the criteria of a SMART goal. A SMART goal is one that is Specific, Measurable, Attainable, Realistic, and Timely. A SMART goal does not have to be complicated. If I wanted to exercise more rather than setting my goal as "I will exercise more this month", I would follow the SMART principle and reset my goal as "I will exercise at least 3 times per week for thirty minutes for two months." This fits a SMART goal as it is specific, it is measurable with a calendar, it is attainable, realistic, and it has a short-term deadline.

Here are some ideas that you may do to get thirty minutes of physical activity during quarantine:

- Walking
- Jogging
- Hiking
- Gardening
- Yard Work
- Dancing
- Weightlifting
- Kettlebell Exercises
- Calisthenics (bodyweight exercises)
- Yoga or Pilates
- Online fitness classes (fitness dance classes, aerobics, yoga, etc.)
- Physical activity video games (*Wii Fit*, *Just Dance*, etc.)




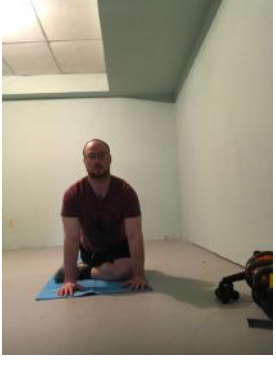

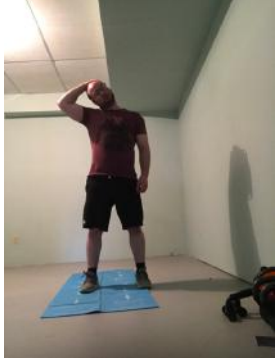

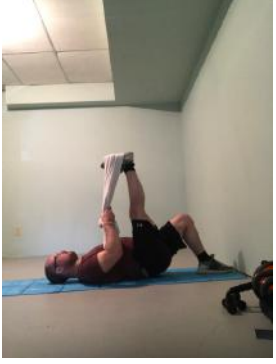

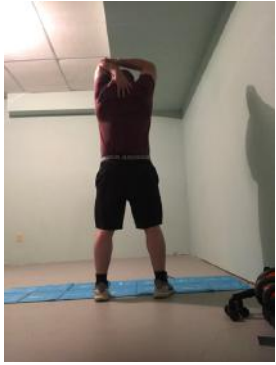
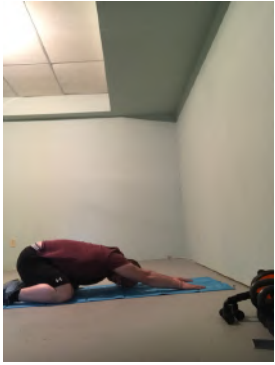

Plan your physical activity based on your fitness level, your goals, and to your preference. Especially if you are just starting out with a physical activity plan it is important to base your activities on what you enjoy! Here is a weekly plan based on our previous SMART goal:

Week 1:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	30 minutes walking	Rest	30 minutes yoga	Rest	30 minutes weightlifting	Rest

When you have completed your physical activity, it is also important to finish your activity sessions by thoroughly stretching. Stretching your muscles maintains their flexibility and reduces the likelihood of injuries such as pulled muscles during day-to-day life. Here are

some static stretches that you may do either after physical activity or on their own. Hold each stretch for 30 seconds and stretch to the point where you are uncomfortable but never to the point of hurting. Listen to your body and ease into expanding your limits.

<p>Morning Stretch</p> 	<p>Lat Stretch from Standing</p> 	<p>Wall Bicep Stretch</p> 	<p>Lateral Hip Stretch</p> 
<p>Toe Touch</p> 	<p>Neck Stretch Pull</p> 	<p>Cat Stretch</p> 	<p>Assisted Hamstring Stretch</p> 
<p>Wall Calf Stretch</p> 	<p>Tricep Stretch</p> 	<p>Downward Dog</p> 	<p>Quadriceps Stretch</p> 

\*Always speak to your physician before beginning a new physical activity plan. These stretches and activity plans were provided by a certified fitness instructor.

## 4. Gardening Tips

### General Tips:

Saskatchewan has various soil zones depending on your location in the province. Southern Saskatchewan has black/grey, dark brown, and brown soil. To get more information and to locate which soil zone you are located on, please visit the following link:

<https://www.scic.ca/resources/maps/sask-soil-zones>

Before planting your garden ensure that your soil is weeded, and the surrounding area of your garden is clean. Weed by hand, if possible, to avoid using harsh chemicals in your soil.

Ensure that the pH of your soil is correct. Soil pH testers are inexpensive and can be purchased at most hardware or gardening stores. A pH of around 6.5 to 7.0 is generally considered to be a good level for most home gardens. If you find that your pH is too high (less than 6.5), you may add ground limestone or wood ash to your garden. If you use wood ash be sure that you are only burning wood and organic material. If your garden is too basic (a pH of over 7) you can lower it by adding rock sulphur or organic material such as peat moss or wood chips to lower the pH.

Work your soil thoroughly with a hoe or with a tiller. Compost or discard all deceased plant material from any previous harvests. If you compost, this is usually a good time to add compost soil to help plants that thrive on nutrient-rich soil such as sunflowers thrive.

As a general rule in Saskatchewan it is usually best to plant your garden after May 15th. Planting after this time minimizes the risk of frost and losing your entire garden.

When planting corn, it is a good idea to plant it in two or more short rows as corn germinates off of other nearby corn plants.

When planting a vegetable garden, consider putting it in a place that gets ample light. 8 hours of direct sunlight is a good idea when planting vegetables. If you have a shady spot, try growing things that are tolerant to cooler weather (things like lettuce, spinach, radishes, and cabbage).

Once you have harvested your garden at the end of summer, dispose of your stalks and stems by either disposing them in the appropriate green bins in your area, or set them in your compost pile.

## 5. Sudoku

Puzzle #1

7			8	4		2		5
	3		1	5		4		
		5		6			7	
	9			3	4	5	8	
	2	8	7			9		3
5		3	9			6		
		4	5	2			9	
		9	4		8			
8					1	7		

Puzzle #2

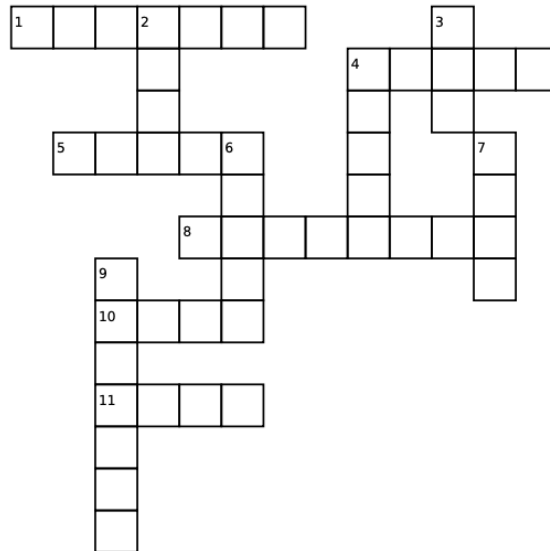
8	9		7	6	4	5		
	4		3					9
3	2	7	9					
	8			5	3		1	
			6		1			
6							4	
7			4	9		8	3	
		9			8	2	7	

Retrieved from: <http://www.mathsphere.co.uk/downloads/sudoku/10202-medium.pdf>



## 6. Crosswords

### Traditional Uses of the Buffalo



#### Down:

2. Used for pillows, medicine balls, doll stuffing, ropes, hair pieces, moccasin lining, pad fillers, halters, & bracelets
3. Used for soaps, tallow, tanning, hair grease, filled pipe sealer, & cosmetic aids
4. Used as knives, awls, quirts, tableware, tools, shovels, scrapers, pipes, fleshing tools, splints, & arrowheads
6. Used for altar, dehairing tool & Sun Dance
7. Diaper powder & fuel
9. Used for wrappings, buckets, collapsible cups, basins, & canteens

#### Across:

1. Used for containers, shields, buckets, moccasin soles, drums, splints, ropes & saddles
4. Used for food & hide preparation
5. Used for arrow points, cups, fire carrier, spoons, ladles, headdresses, signals, toys, scoops, & combs
8. Used for Winter robes, tipi liners, tipi covers, tapestries, Sweatlodge cover, shirts, moccasin tops, bags, & bedding
10. Used for decorations, fly swatter, knife sheaths, medicine, switch, & whips
11. Used for jerky, pemmican & sausages

## 7. Word Searches

Indigenous Languages:

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

ALGONQUIAN DENE ESKALEUT	HAIDA IROQUOIAN KOOTENAI SALISHAN	SIOUAN TSIMSHIANIC WAKASHAN
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Canadian Rivers:

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

ALSEK ATHABASCA BLOODVEIN CLEARWATER R COWICHAN	HAYES MATTAWA OTTAWA RED GRAND	RIDEAU SEAL THAMES YUKON
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Word Searches generated from: <https://www.superteacherworksheets.com/generator-word-search.html>

## 8. Sleep Hygiene Tips

Having trouble sleeping? Here are some helpful tips retrieved from a trusted source, the Centre of Disease Control and Prevention (2016), and some additional recommendations to help you better your sleep schedule and get deeper, more restful sleep during the night.



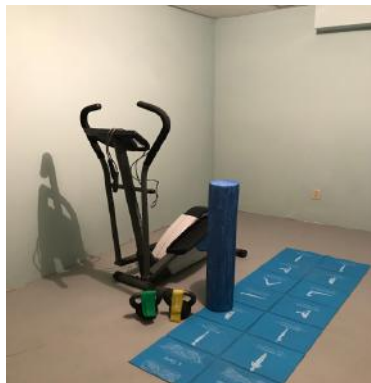
Go to bed early enough to ensure that there is enough time for you to get at least 7 hours of sleep. Go to bed at the same time every night and wake up at the same time every morning.



Sleep in as dark of a room as you can. Close all curtains and keep screens and electronics off in your bedroom.



Avoid electronics and screens before bed.



Get adequate physical activity during the day but avoid strenuous activity a few hours before your bedtime.



Avoid large meals, sugar, caffeine, alcohol, or commercial tobacco a few hours before your bedtime.

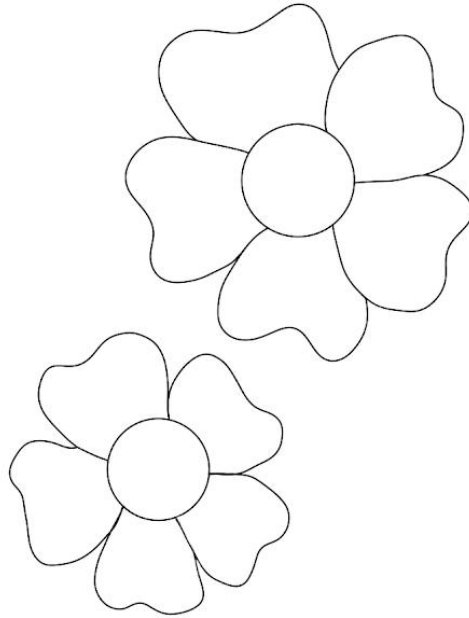


Allow yourself time to relax in the evening.

Source: [https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)

## 9. Crafting Ideas

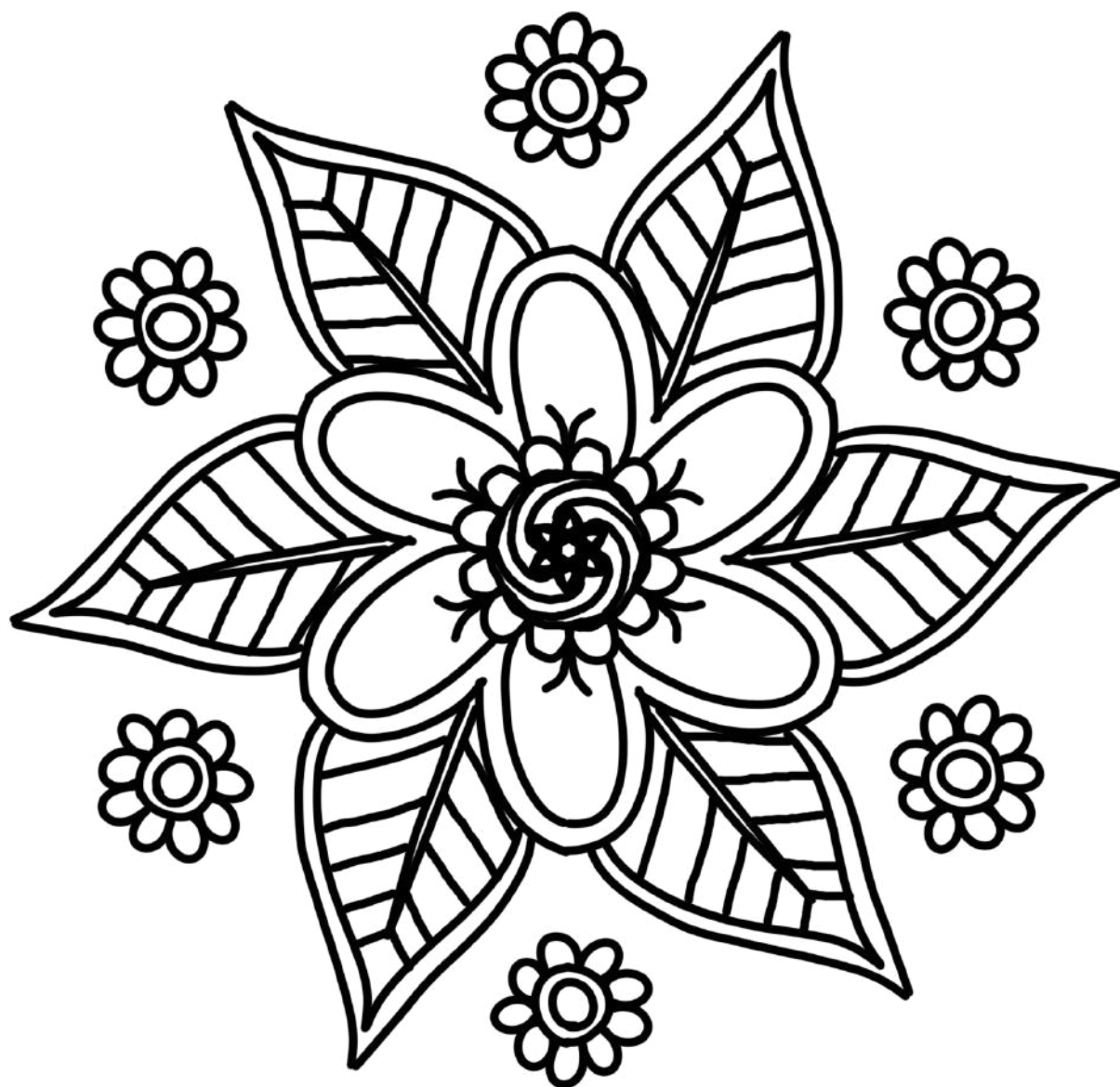
### Beading Pattern

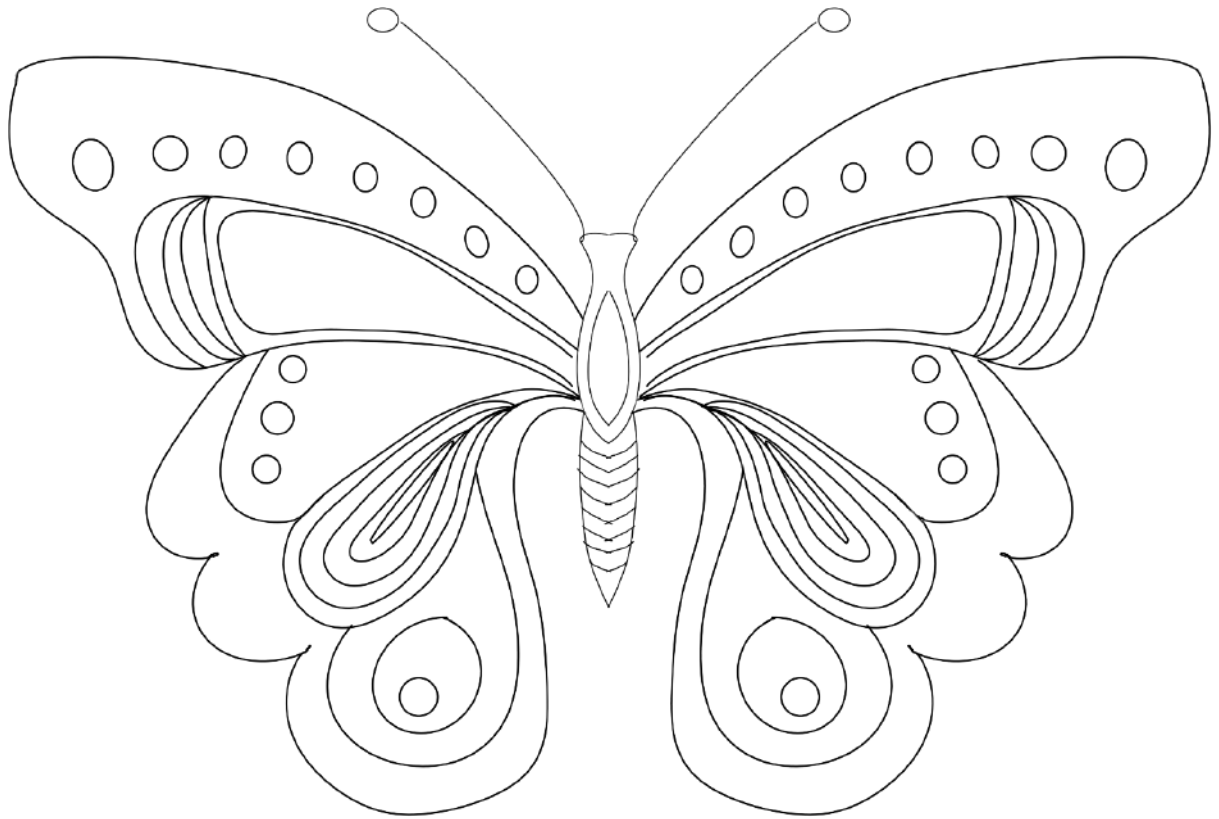


### Crochet ear savers for masks



## 10. Colouring Pages & Drawing Prompts







### Drawing Prompts:

- Think of a time where you felt beautiful. What were you wearing, what were you doing, and what did you feel? Draw a self-portrait of this experience and take some time to reflect on your expression. Try to encompass your passion, goals, and your journey when expressing your self-portrait.
- What is your favourite animal? Imagine a picture of your favourite animal and create a story through a picture of the animal's nature. For example, if you choose a horse, try to think of a picture that encapsulates their beauty, grace, and gentle nature. Picture the horse galloping on a trail while the sun sets in the background and the mane and tail of the horse is flowing in the wind as it moves down the trail. Capture a fluid moment and express your feelings.



## 11. Poetry/Writing Prompts

Write 3 limericks about nature! A limerick is a short, five-line poem with a unique rhythm. This rhythm will follow a pattern of the first two lines rhyming and the following two lines will be different but will rhyme with each other. Finally, the last line will rhyme with the first two lines. It follows an AABBA rhyming pattern.

Here is one written by me to give you the idea:

*The month of April brings showers.  
This gives way to May flowers.  
Brimming and bright,  
A spectacular sight  
In the glowing morning hours.*

Write 3 haikus about animals! A haiku is a poem where the syllables need to follow a certain pattern. In most cases, this is a three-line poem in which the first line will be 5 syllables, the second is 7, and the final is 5 again. Rhyming is not necessary with haikus. In fact, most haikus do not rhyme at all. Here is one written by me to give you an idea:

*Curious coyote  
His nose goes in strange places  
And returns with quills*

Write 3 poems about anything in alliterative verse! Alliterative verse is a style in which you repeat the first sound of a word consistently. You can use this style to either tell a story or just to be silly and have some fun with it! Here is one written by me to give you an idea:

*Baby bluebird  
Sits silently in springtime shrubs  
Yearning, waiting for mom  
Crying for carefully cradled critters  
Yearning, looking up above  
To someday soar the summer skies.*

## Writing Prompts

Here are a few writing prompts that you can use to write a story of your own! You may use the ideas below to write a story based off of the prompt. It can be as long or as short as you want - the only objective is to be creative and have fun!

1. You have woken up to find that you have left your regular body and are now inhabiting the body of a deer in the forest. You have no idea how or why you have taken this form and are struggling to get used to your new body. Time is fleeting to figure it out and return to your normal self as you hear a pack of hungry coyotes in the distance. A friendly chipmunk asks you to follow her to safety.
2. A family friend comes to visit. You haven't seen them in a long time, but they claim to have a magic box that can grant wishes. They say that you must never ask for wishes at night, however. The family friend leaves you with the box. You are later lying in bed and can't sleep. This family friend has a history of telling tall tales and jokes so you figure that it can't hurt to try making a wish with the box in the middle of the night.
3. You are a mighty eagle, soaring the skies and proudly looking down on your territory. Looking below to the forest you see your friend, the bluebird, crying to herself. You swoop down to see what the matter is and if you can help.

## 12. Music

- Buffy Sainte-Marie → A member of Piapot First Nation, Saskatchewan, Buffy Sainte-Marie is a singer/songwriter, musician, artist and activist with music in genres of electronic, country and traditional Indigenous music.
- Tanya Tagaq → From Cambridge Bay (Iqaluktuuttiaq), Nunavut, Tanya Tagaq is a solo Inuk throat singer/songwriter and activist.
- Digging Roots → Husband and wife duo, Raven Kanetakta ShoShona Kish, with music in genres of folk-rock, pop, blues and hip-hop music. Raven Kanetakta is originally from Winneway, Quebec and ShoShona Kish is a member of Batchewana First Nation, Ontario.
- Drezus → A member of Muskowekwan First Nation, Saskatchewan, Jeremiah Manitopyes a.k.a. Drezus is a rapper and activist.
- A Tribe Called Red → They are an Indigenous group from Canada that play electronic music blended with hip-hop, reggae, dubstep and Indigenous traditional songs. The group currently includes Tim "2oolman" Hill and Ehren "Bear Witness" Thomas and are members of the Six Nations of the Grand River, Ontario.
- DJ Shub → Formerly of A Tribe Called Red, Dan General a.k.a. DJ Shub is a Mohawk DJ, music producer and member of the Six Nations of the Grand River, Ontario.
- Snotty Nose Rez Kids - They are a hip-hop duo from Kitamaat Village, British Columbia and include Darren "Young D" Metz and Quinton "Yung Trybez" Nyce.
- The Jerry Cans → They are a band from Iqaluit, Nunavut who blend Inuk throat singing, folk, country and rock music. The band includes vocalist and guitarist Andrew Morrison, vocalists and accordionists Nancy Mike and Avery Keenainak, violinist Gina Burgess, bassist Brendan Doherty and drummer Steve Rigby.
- William Prince → A member of Peguis First Nation, Manitoba, William Prince is a folk and country singer-songwriter and musician.
- Ernest Monias → A member of Pimicikamak (Cross Lake) Cree Nation, Manitoba, he is a musician with genres of gospel, country and rock.
- Also, visit CBC radio's Soundtrack for the Soul.

## 13. Foraging Traditional Food and Medicine Fact Sheet

### Keeping the Home Fire Safe: Teachable moments - Spring Foraging

Elder Betty McKenna

**Spring Plants** – *The renewal of Mother Earth's energies and revitalization is medicine through the foods and plants. Spring is a time of commitment to the letting go of winter energy and casting the weighted feelings of winter thought back to Mother Earth by fasting. We fast to prepare space in our physical, mental, emotional, and spiritual bodies to encircle our body spaces with the birth of new beginnings, starting with our rooted ones.* – Elder Betty McKenna



#### **Prairie Cactus**

Prairie cactus is full of nutrients and in early spring they can be picked by cutting them carefully. The prairie cactus can be steamed or roasted.



#### **Pine Tips**

The Pine tips are one of those rooted ones that strengthen our immune system during the season's growth. They are bright green new shoots on the pine tree. Pine tips can be used for teas, steamed with vegetables, used in salads greens.



#### **Cattail**

The first early shoots of the cattail is a good colon cleanser also good for reduction of mucus production, and it can be eaten raw or cooked.



#### **The Dandelions**

The dandelion is also a versatile medicine and food that can be used as a green for salad or steaming as well. The yellow leaves can be used as an addition to a soup.



#### **Red Willow**

Red willow is a medicine used as a pain reliever by scraping the bark and boiling the red part as a tea or cut pieces to chew for pain relief. The inner white bark is used for smoking in the medicine pipe as well.

## 14. Quiz: True or False COVID 19 Myths

1. True or False? Holding your breath for 10 minutes without coughing or discomfort means that you will not test positive for the novel coronavirus.
2. True or False? An effective and tested vaccine for COVID-19 is currently available.
3. True or False? Only people with pre-existing medical conditions can contract the novel coronavirus.
4. True or False? The time between exposure to COVID-19 and showing symptoms can range from 1-14 days.
5. True or False? The best way to prevent illness is to avoid being exposed to the coronavirus.
6. True or False? 5-G towers can transmit the novel coronavirus through its signals.
7. True or False? The most common symptoms of COVID-19 are fever, dry cough, and tiredness.
8. True or False? If you expose yourself to the sun or to temperatures higher than 25°C it can prevent coronavirus disease.
9. True or False? The coronavirus can't be transmitted through mosquito bites.
10. True or False? Garlic is an effective remedy approved by the World Health Organization to treat and prevent COVID-19.

All information for this quiz is retrieved from: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

## 15. Bingo

**Bingo Cards:**

<b>B I N G O</b>				
14	30	41	53	74
4	28	35	57	68
10	23	FREE SPACE	46	75
8	16	43	48	70
12	27	39	56	66

myfreebingocards.com

<b>B I N G O</b>				
15	26	38	59	68
13	20	42	53	62
8	19	FREE SPACE	60	71
1	28	33	55	70
12	24	41	51	65

myfreebingocards.com

# B I N G O

11	23	44	53	69
5	27	38	47	65
4	16	FREE SPACE	56	63
13	18	40	55	61
9	26	36	50	74

myfreebingocards.com

# B I N G O

8	29	38	54	74
12	23	32	50	70
1	30	FREE SPACE	48	68
3	25	40	46	72
11	21	35	59	67

myfreebingocards.com



# B I N G O

8	24	44	48	75
2	20	40	46	69
11	18	FREE SPACE	56	66
10	16	42	49	71
5	29	37	53	65

myfreebingocards.com

# B I N G O

14	23	39	59	63
8	17	35	55	61
15	26	FREE SPACE	53	71
10	25	31	57	64
6	20	44	52	68

myfreebingocards.com

Cards retrieved from: <https://myfreebingocards.com/numbers/1-75/30-free-cards>



**Callers Card:**

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
1	16	31	46	61
2	17	32	47	62
3	18	33	48	63
4	19	34	49	64
5	20	35	50	65
6	21	36	51	66
7	22	37	52	67
8	23	38	53	68
9	24	39	54	69
10	25	40	55	70
11	26	41	56	71
12	27	42	57	72
13	28	43	58	73
14	29	44	59	74
15	30	45	60	75

## 16. Practices for Personal Wellbeing

Here are some tips and things to do to take care of yourself during this time at home:

1. Meditate and give yourself time to sit and reflect on your past journey while affirming your future goals. Try to quiet yourself and let your mind relax. Play some relaxing music or guided meditation recordings to help guide the process.



2. Do something that energizes your body and gets you moving. Try a new at-home workout or stretches (see item #3).
3. Take a walk outside and be still in nature.

4. Take a long, warm and relaxing bath.
5. Go outside and take your mind off of any worries and garden.
6. Paint your nails and give yourself an at-home manicure and pedicure.



7. Create a list of things you are grateful for and keep it close in times of distress or worry.
8. Write in a journal (or if you prefer, record a voice memo of your thoughts).
9. Rest. Give your body time to re-centre and take a nap or try going to bed earlier.
10. Treat yourself to your favourite healthy snack.

## 17. Muskeg Tea Recipe



Muskeg Tea is good for skin problems, rheumatism, gout, insect repellent, sore throat, colds, asthma, scars and burns. Also aids with mild anxiety and helps you have a great night's sleep. Steep tea until brown colour- Muskeg tea leaves can be reused up to 4x's from Northern Saskatchewan

<https://cabinorganic.com/tag/muskeg-tea/>

## 18. Grief Fact Sheet

# Processing Grief During COVID-19

We have never dealt with this exact situation before and we want to acknowledge the new challenges that may arise. We are all navigating new territory, so be kind to yourself.

Grief looks and feels different to each person. Some feelings that can occur during grief include anger, guilt, confusion, disbelief, or sadness. Remember there is no right or wrong way to grieve.

There are many new changes and things to consider when participating in ceremony. These changes may feel overwhelming, and it is okay to grieve the immense amount of loss when it comes to jobs, school, gatherings, and ceremonies.

We are social beings, acknowledge the grief that comes with being disconnected from others.

This constant change can be difficult. We are living from crisis to crisis, so it is important to take things day by day.

A teen's grief can seem unpredictable and explosive at times. They are grieving while their brains are experiencing a great deal of change. Have open conversations with patience, understanding, and reminders that you love them.

Grief can be intensified during a pandemic. We don't have the time or space to grieve or even prepare to grieve.

Physical isolation can be felt as a loss to a child - a loss of friends, school, regular family visits, and others. It is common for children to revert to younger behaviour (afraid of separation, struggling to manage emotions). They can move very quickly from being sad to playing happily. This is normal.

Reach out to your community for Elders, Knowledge Keepers, Spiritual Advisor support, or healthcare providers for information on how to access resources.



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# What Can We Do?

First, take care of yourself to ensure you can care for others in a good way.

Even in such a disconnected time of social isolation, there are many ways to stay connected through phone calls, texts, social media, face time, prayer and ceremonies.

There are many ways to honour the deceased: memorials, Facebook, virtual groups, honouring events or actions.

Pray in your own way.  
In a mindset (spirit) of prayer, make a tobacco offering or sacred plant of your area e.g. cedar, sage or sweetgrass.

Smudging is a way of entering into prayer, and is a powerful way to cleanse and bless the mind, body and spirit.

Water is a sacred gift and connects all living beings. Pray in your own way to bless the water, heal ourselves and our environment. Take a cold shower to have the water bless you and take away the grievances.

Participate in spiritual practices like watching a service online or practice Indigenous spiritual teachings such as ceremonies, prayer, lifting the pipe, fasting, art, songs and dance.

To cope with so many new changes and losses, try writing your thoughts down in a journal, drawing a picture, or recording a voice memo on your phone to release any thoughts. Use a journal (in any form) to express gratitude or affirmations. Grief, whether it's anger or the need to cry, can also be released by using a pillow.

Meditation is a way of healing and relaxation. Find a quiet space, close your eyes and take five slow breaths. Play relaxing music or guided meditation recordings. Allow your mind to be free.



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## 19. Keeping your Anxiety and Stress Levels in Check

Self-care tips in 16 are important to keep your stress and anxiety in check during COVID-19 circumstances. Here are some strategies to use when your anxiety and stress get difficult to manage:

### **5-4-3-2-1 Your senses**

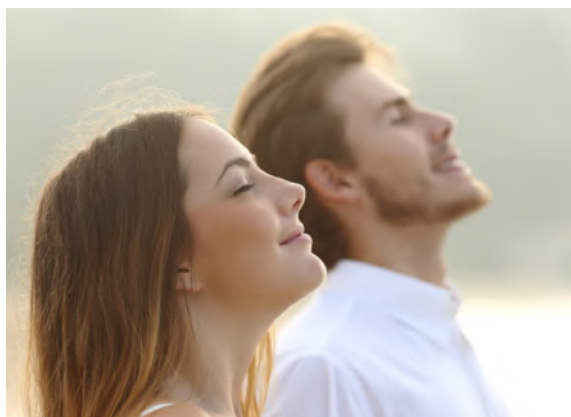
Begin by identifying five things that you can see: next, pinpoint four things you can touch; followed by three things you can hear and two things you can smell. Then end off with speaking one good thing about yourself or something you are grateful for.



### **Focused Breathing**

Breathe in through your nose for a count of 4, hold for a count of 7 and then breath out through your mouth for a count of 8.

Expert level: Hold the tip of your tongue to the roof of your mouth; In for 4 through your nose; Hold for 7; Out for 8 through your mouth (this is the tough bit, but you can do it!)





### **Counting your Blessings**

Use a number that you are comfortable with, 3,5, or 7 and list the number of basic things in your life that you are grateful for during this time such as:

Having family close by  
Having a phone to be able to connect with family and friends  
Your health  
A mattress  
A home to live in  
Clothes to keep you warm  
Having food in your cupboard or fridge



### **Dropping Anchor**

Check where your feet are, how are they feeling (cold, warm, numb), what are they touching (carpet, dirt, grass).



## Answer key for the Activities:

### 5. Sudoku Answers

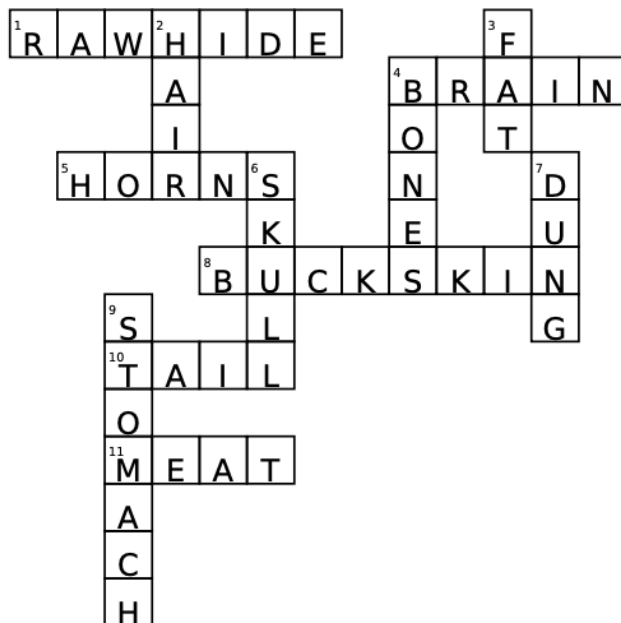
Puzzle #1

7	6	1	8	4	9	2	3	5
9	3	2	1	5	7	4	6	8
4	8	5	2	6	3	1	7	9
1	9	7	6	3	4	5	8	2
6	2	8	7	1	5	9	4	3
5	4	3	9	8	2	6	1	7
3	7	4	5	2	6	8	9	1
2	1	9	4	7	8	3	5	6
8	5	6	3	9	1	7	2	4

Puzzle #2

8	9	1	7	6	4	5	2	3
5	4	6	3	1	2	7	8	9
3	2	7	9	8	5	1	6	4
9	8	4	2	5	3	6	1	7
2	7	3	6	4	1	9	5	8
6	1	5	8	7	9	3	4	2
7	5	2	4	9	6	8	3	1
4	6	9	1	3	8	2	7	5
1	3	8	5	2	7	4	9	6

### 6. Crossword Answer



### 14. Quiz: True or False COVID 19 Myths Answers:

1. False, 2. False, 3. False, 4. True, 5. True, 6. False, 7. True, 8. False, 9. True, 10. False.