



*Fall Family*   
**CARE PACKAGE**

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To help your family relax, rejuvenate,  
and build positive childhood  
experiences together.



You can also find us online: [alaskachildrenstrust.org/care-package](https://alaskachildrenstrust.org/care-package)

# Dear Families,

Caring for one another is one of the grounding values of Alaska Children's Trust. Because many of us at ACT are parents and caregivers ourselves, we know it's vital to make space for play as our children continue through the school year. During this transition to winter, we at Alaska Children's Trust would like to offer this care package as a means for your family to develop positive childhood experiences.

## In this care package, you will find:



Activities to foster connection through **relationships**



Tools and science for learning and playing in positive **environments**



Poetry, writing activities, and arts & crafts to promote **emotional growth**

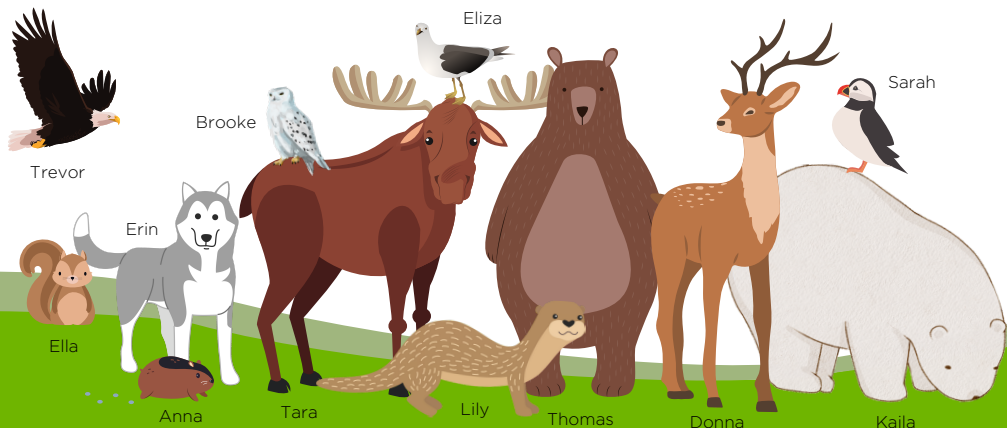


Recipes and ideas for **community engagement**

These activities are based on the four building blocks of HOPE (Healthy Outcomes from Positive Experiences): strong relationships, safe and stable environments, civic engagement, and emotional growth.

We hope you enjoy this small gift!

With love and care, *The ACT Team*



Our team is very excited about positive childhood experiences! Research shows that positive childhood experiences have buffering effects for kids who have had difficult experiences. Positive childhood experiences help with mental health for you and your child and help you bond and grow a stronger relationship!



Parenting can be tough, but it isn’t all hard work. There are so many small, fun ways to create the positive experiences children need to become thriving adults!

**We hope this care package can give you a few ideas!**

**Word Search:**

- Emotional
- Engagement
- Environment
- Family
- Fun
- Growth
- Hope
- Positive
- Relationship

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



# 1 Relationships...



are the first building block of HOPE. Mama Grizzly bears protect their cubs and teach them life skills, like where to forage for food and where to cross the creek.

Humans do this, too! Connecting with each other through activities, showing genuine interest in each other, and celebrating the ways your family has already built connection together are all critical to helping children develop into healthy adults. You can play outside, read a book, try a new game; the opportunities are endless!

## Our Family's...



Think about some of your favorite things to do as a family and write them below. Then, think of one new tradition, meal, book/movie, and activity to try together soon and write it in the last spot. Commit to doing one new thing together by this time the following week.

Traditions:

Four horizontal lines with wavy ends for writing traditions.

NEW:

Favorite Meals:

Four horizontal lines with wavy ends for writing favorite meals.

NEW:

Favorite Books/Movies:

Four horizontal lines with wavy ends for writing favorite books or movies.

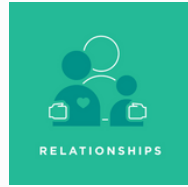
NEW:

Favorite activities:

Four horizontal lines with wavy ends for writing favorite activities.

NEW:

# Building and Maintaining Relationships

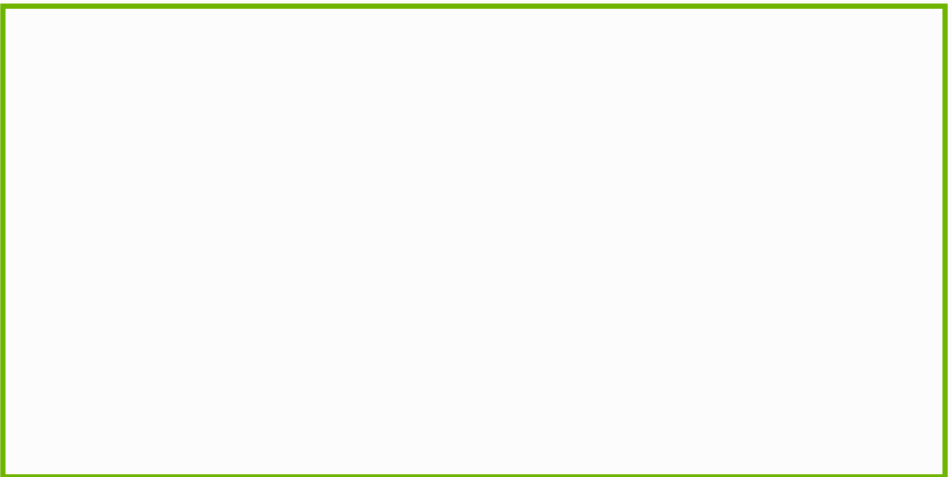


Think about some of your closest relationships: who do you feel you can tell anything to? Who are your close friends? Friends and family members we trust are so important in our lives! Use the cards inserted into this book to write a letter to someone you care about and tell them how important they are to you. Be sure to color them in and write something wonderful to make their day!



## Family Portrait

Families come in all sizes, ages, relationships, genders, and colors. Sometimes, we are born into our families. Other times, we meet our family as we go through life. Who are the people (or pets) in your family portrait?



## 2 Environment



Children who live, learn and play in safe, equitable, and stable environments are more likely to experience strong mental and physical health as adults. Musk oxen protect their young by creating a protective circle around them to shield them from outside threats. Similarly, parents can support their children by providing them with a nurturing home that is emotionally secure, as well as safe community environments.

Check out the awesome video of musk oxen protecting their young by scanning the QR code - keep your eyes on where the little ones are throughout the video. Can you think of a time your family helped protect you? Chat about it together then spend time outside and hunt for as many nature bingo squares as you can. Get 3 in a row for a bingo!



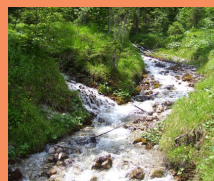
### Nature Bingo



A Squirrel



Dog



Water



A Tree that doesn't loose its leaves

Free Space



Signs of an Animal



A Bird Flying



Fall leaves



A Cool Rock

# Alaskan Recipes...

Connecting with our environment through traditional foods can be a delicious expression of cultural traditions. Fill your tummy and learn about how nature nourishes us!



## Fall time Stew

Caribou, Moose, Sheep, or Beef Stew, recipe from the Alaska Native Heritage Center

1 gallon bag of wild or store-bought meat	Garlic salt, salt, pepper to taste
Onions, carrots, and celery chopped	1 cup of rice
Potatoes, cubed	1 cup of noodles

1. Cut the meat into bite-size pieces. You can use any pieces of meat with bones.
2. Saute meat in pot with cooking oil.
3. Add salt, garlic salt, onion salt, and parsley flakes. Pepper and curry are optional.
4. Add onion, celery, and carrots to pot with meat and continue to saute in oil.
5. Cook until meat is brown.
6. Add 2 ½ quarts water to cover meat and vegetables and boil for one hour; stir occasionally to prevent sticking. Add salt to taste.
7. Add potatoes, rice, and macaroni; cook another half hour on low simmer.

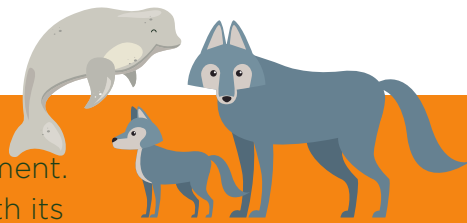
## Fry Bread

Recipe from CIRI



1-1/2 cup all purpose flour	oil to fry
3/4 tsp baking powder	sugar and cinnamon
1 cup water (about)	melted butter to dip in (optional)

1. Combine flour, baking powder and salt in a bowl. 2. Stir with fork as you add milk; keep stirring until it starts to come together. 3. Add water, approximately ¼ to ½ cup, until dough "balls up." 4. Cover bowl with dish towel and let rest 45 min. 5. Heat Crisco or lard in frying pan over medium-high heat. 6. Grab a baseball-size piece of dough and flatten with your fingers. Cut a hole in the middle of the dough (approximately ¼-inch thickness) with a knife so the dough will fry flat. 7. Place dough in pan and fry each side until golden brown (approx 45 seconds to 1 minute per side). 8. Place on paper-towel-lined plate to drain.



Feeling connected to one's community is an essential part of a child's development. When a wolf is born, it lives in a den with its mother and siblings but is also often protected from danger by other wolves in the pack. Beluga whales also "step in" (or swim in, in this case!) to help take care of baby calves when the mama whales are busy.

Stepping up and stepping in helps children make a difference for others in their community, and helps give them a sense of belonging. Foster those feelings in children by involving them in community projects, activities, and traditions!

## Social and Civic Service Ideas:

1. **Clean up** your community park, playground, or neighborhood. You can even invite your friends, other parents, or your neighbors to help!
2. Challenge your child to "**save to give away**" for charity. Whether this be saving their allowance or collecting unwanted toys, games, or clothes for a local shelter, kids will love feeling proud of their efforts!
3. **Volunteer** in a local food pantry, soup kitchen, or animal shelter.
4. **Read, perform, or help out** at a local nursing/ retirement home.
5. Read books with your child or challenge your youth to read books related to **global and local issues**.



To find more Alaska Native games, scan this QR code

## Caribou Eyes:

An Athabascan game from the Fort Yukon Young People

To play this game, you will need 5+ people.

**Procedure:** "The group clasps hands and forms a circle around one player who is 'it'. 'It' would place their hands on each of the other players and ask who he was. The answer is always the name of an animal. 'It' would then try to break out of the circle by stepping on the toes of his captors, who would jump nimbly to avoid this. If 'it' succeeded in breaking free, everyone would run after them."

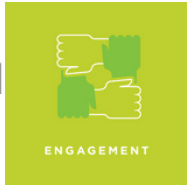
"You don't need to go far to get involved in your community. Social and civic engagement can start right at home."

- Anna McGovern  
ACT Alaska Afterschool Network





# SAMPLE BALLOT



Kids can't vote in our elections, but they can still "vote" on how they want to make a difference in the community. Being engaged gives kids a sense of belonging and allows them to form relationships with and learn from other kids and adults.

## RANKED CHOICE VOTING

### Instructions:

- Rank as many or as few candidates as you like
- Completely fill in no more than 1 oval for each column
- For your 1st choice, fill in the oval in the 1st choice column
- For your 2nd choice, fill in the oval in the 2nd choice column, and so on

### I can help out in my community by... (rank your favorite 1st)

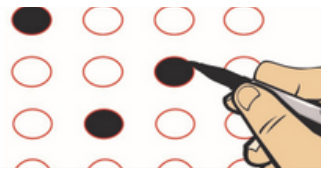
	1st Choice	2nd Choice	3rd Choice
Helping to prepare a meal to share	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cleaning up our park or playground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teaching friends or family something new	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-in:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 4 Building Blocks - rank your favorite 1st

	1st Choice	2nd Choice	3rd Choice	4th Choice
Relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Environments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emotional Growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Engagement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Instructions:** To vote the following choices, completely fill in the oval to the right of your choice.

QUESTION NO. 1	
Would you invite a moose to dinner?	
Yes <input type="radio"/>	No <input type="radio"/>
QUESTION NO. 2	
Is fall your favorite season?	
Yes <input type="radio"/>	No <input type="radio"/>



Rank choice voting is a new system in place this year in Alaska. Adults- when you go to vote this year, you'll also be able to rank your choices for each office.

## 4 Emotional Growth



is the third building block of HOPE (Healthy Outcomes from Positive Experiences). This block stresses the importance of self-regulation, self-awareness, and naming and understanding kids' emotions.

It might seem silly to think of the Alaskan animals when it comes to emotions, but just because they don't communicate in all of the ways we do (like through speech), doesn't mean they don't communicate! For example, red and arctic foxes use a combination of scent, vocals, and visual cues to let others know they need food, are upset, or are feeling threatened. Just like a human, fox have many different sounds they can make- up to 20!

It can be difficult for children of all species to communicate how they're feeling, which sometimes leads to inappropriate means of expression. So, prioritizing positive emotional growth for your human family (or fox litter!) is essential.

### Practice

What are some ways you communicate with your family? Check off the ways that you use and then talk about how you like people to communicate with you.

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Speaking up in a kind voice                       | <input type="checkbox"/> Rolling your eyes              | <input type="checkbox"/> Smiling!                                |
| <input type="checkbox"/> Actively listening while someone else is speaking | <input type="checkbox"/> Giving high-fives or thumbs up | <input type="checkbox"/> Whining when something doesn't work out |
| <input type="checkbox"/> Stomping your feet and yelling to get attention   | <input type="checkbox"/> Nodding your head              | <input type="checkbox"/> Yelling in excitement                   |

### To Support Emotional Growth...

Kids can practice identifying their emotions and using positive self-talk like, "I believe in myself" and "I am enough."



Parents can model using emotion words and healthy coping strategies, like taking deep breaths when you're stressed or angry. Then, explain your technique and why you're doing it so that your child understands.

# Try These Activities for Social & Emotional Learning:



*I'm grateful for...*

## Start a gratitude journal.

Write down 3 things you are grateful for today and try to add to it each day.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Find:*

- 5 things you can see
- 4 things you can touch/feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

**Practice grounding yourself by playing the rule of 5 game.**



## Rock Painting

**To practice encouragement, explore emotions, and instill hope and empowerment**

What you will need:

- Rocks
- Paint
- Paintbrushes

Directions:

- Take a walk outside and find some flat or easily paintable rocks.
- Paint your rocks! You can include encouraging pictures, phrases, or whatever else suits you!

"Growing up, arts & crafts with my aunt was one of my favorite bonding activities."

- Eliza Posner,  
ACT Program Specialist



# "There Is No Word For Goodbye"

By:  
Mary  
TallMountain

Sokoya, I said, looking through  
the net of wrinkles into  
wise black pools  
of her eyes.

What do you say in Athabascan  
when you leave each other?  
What is the word  
for goodbye?

A shade of feeling rippled  
the wind-tanned skin.  
Ah, nothing, she said,  
watching the river flash.

She looked at me close.  
We just say, Tlaa. That means,  
See you.  
We never leave each other.  
When does your mouth  
say goodbye to your heart?

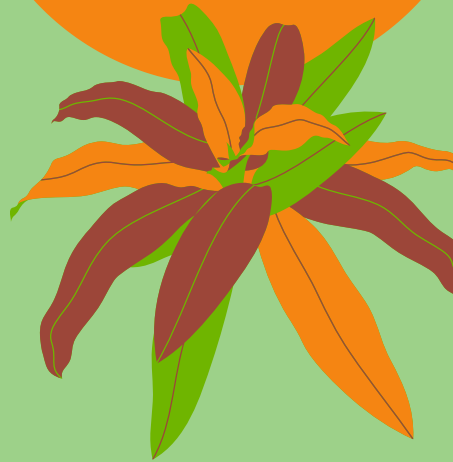
She touched me light  
as a bluebell.  
You forget when you leave us;  
you're so small then.  
We don't use that word.

We always think you're coming back, I  
but if you don't,  
we'll see you some place else.  
You understand.  
There is no word for goodbye.



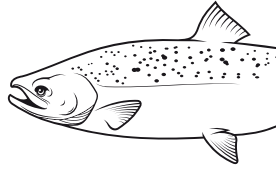
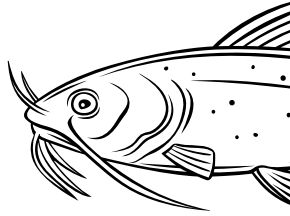
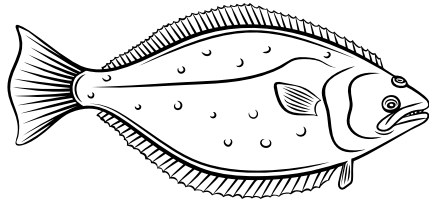
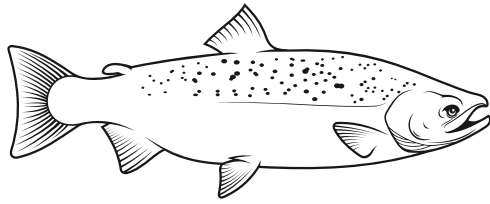
"This poem reminds me  
of the strength of the  
relationships we form  
and the communities we  
belong to, even when  
we're not physically  
together."

- Sarah McKinnis, Alaska  
Fellow at ACT



**Make Your  
Own Cards:**

Color, cut out on dotted line, fold in half, and write a note to a someone who helps you achieve one (or more) of the building blocks of HOPE.





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