



March Newsletter

A BIG Thank You to the Miller Family Philanthropy for their generosity in providing grant money to our Mental Fitness Growth Path.



Funds will be used to provide healthy coping bags to families involved with Utah Foster Care and Help Me Grow Utah. We are hoping to receive more grant money in the coming months, so we can provide more free healthy coping bags to more families and caregivers. Anyone is invited join the Mental

Fitness Growth Path for FREE by choosing to join with your own collection of free printable games and activities. When more funding is received, we can mail out free healthy coping bags to those who have joined.

[Read More](#)

Teaching Idea: add one healthy coping skill like:

- **the butterfly hug** (crossing hands, connecting thumbs and putting on chest and alternating tapping hands on chest)
- **pushing the wall** (while they say any hard things or big feelings they have felt recently),
- **doing a few yoga stretches** (while focusing on slowly breathing in and out), or
- **using the emotion thermometers** (free printable) to find out how children are feeling.

For parents, adding one right before bed can be a positive addition to the bedtime routine.

For caregivers of young children, adding one to circle time is a great way to start the day.



Look for new printables coming in the next few months.
If you haven't tried the never-ending paper trick, go give it a try. It folds to reveal 4 different squares. Kids can draw their own picture on 2 of them.
Kids will think it's magic!

Find Never Ending Paper Trick Here

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Go to our website [→](#)