



Apples And Onions

Time: 10 minutes

Objective: It's okay to not be okay

It's not always possible to tell how your children are feeling, or if they need support. This activity offers a very simple way to check in on how your children are feeling. It creates opportunities both to check in and to get insight into their behaviour.

Apples and onions are both good foods, but you wouldn't eat them the same way just as you wouldn't handle a 'good day' in the same way you would handle a harder day. This activity also lets your kids know you're there for them if they need help, and it conveys the message that it's okay to not be okay all the time.

#GetReal

HOW TO DO IT:

1. Start your mornings by going around the table and asking your child(ren) to share an apple and an onion. One thing that was really good about yesterday, and one things that was a little bit harder to deal with.

****TIP - Don't force your kids to share. If they're not feeling up to sharing that's okay! Just by opening up the conversation of sharing our thoughts and feelings you're fostering a culture of understanding and acceptance. You never know, maybe your child will feel more comfortable sharing by day 5!**