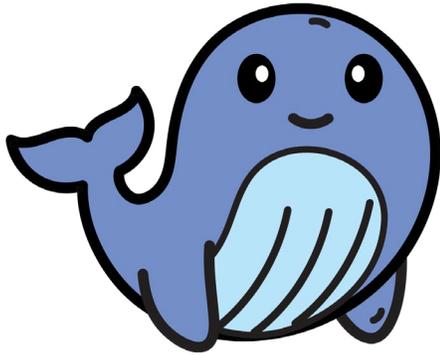


HELPING KIDS RESET AFTER THE HOLIDAYS



Hope the Husky and her Alaskan animal friends, including Echo the Whale, are helping children across Alaska learn how to make safe, healthy, and kind choices at home, at school, and in their communities. Through stories and activities, Echo encourages children to reflect, learn, and build positive habits.

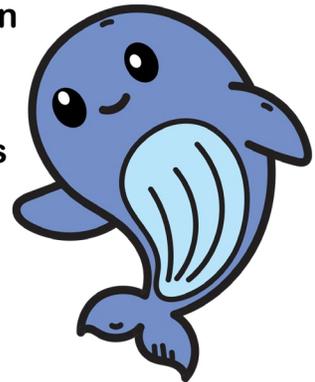
The weeks after the holidays can feel overwhelming for children. New routines, less daylight, and colder weather can bring big emotions. Simple, calming habits can help children feel safe, supported, and ready for the year ahead.

WHY THIS MATTERS?

Children thrive on predictability and emotional safety. Gentle routines and calming moments can help reduce stress, improve focus, and support overall mental wellness— especially during Alaska’s long winter months.

WHAT KIDS ARE LEARNING WITH ECHO

- It’s okay to slow down
- Feelings can change
- Calm moments help our bodies and minds



TRY THIS AT HOME (WINTER-FRIENDLY)



1. Create a Calm Corner

A quiet space with a blanket, stuffed animal, or book where kids can relax.



2. Practice Simple Breathing

Breathe in through the nose for three counts and out through the mouth for three counts.

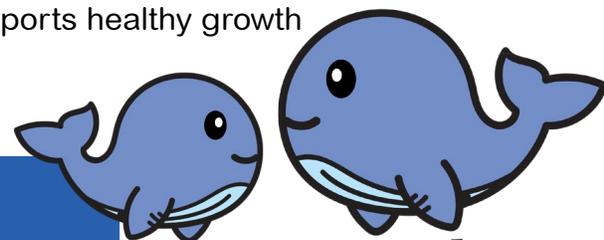


3. Keep Routines Predictable

Consistent meal, bedtime, and wake-up times help kids feel secure, and daily physical activity such as playing outdoors supports healthy growth and emotional regulation.

CONVERSATION STARTERS

- “How does your body feel today?”
- “What helps you feel calm when things feel busy?”
- “Would you like to try breathing together?”



WHEN TO ASK FOR EXTRA SUPPORT

If a child seems persistently overwhelmed, withdrawn, or anxious, reach out to a trusted healthcare provider or school support staff for guidance.

LEARN MORE Visit health.alaska.gov for additional mental wellness resources for families.

