|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MINDFUL MONDAY ​** | **THOUGHTFUL TUESDAY** | **WELLNESS WEDNESDAY**  | **​THANKFUL** **THURSDAY** | **​FUN** **FRIDAY**  |
| **Mindful Breathing Exercises**:Close your eyes and practice deep breathing. When you breathe in through your nose, imagine you are breathing in your favorite color and breathing out the darkness that holds all your trouble. Watch a **Mind Yeti** video: link listed in below message.Close your eyes and listen to some relaxing music.Pet your dog or cat and focus on how soft their fur feels. | **Reflect** on your mood. How are you feeling? If you are experiencing negative emotions, do something positive to improve your mood. Ask an adult for help if needed.**Journal** any negative emotions on a piece of paper then rip it up and throw it in the trashcan. Feel free to draw pictures of your feelings if you don’t want to write.**Be helpful** by completing a chore for someone, playing with or reading to a younger sibling or cheering someone up by giving them a compliment. | Help your family **make a healthy meal.**Try a new **healthy food**.**Take a walk**.Play **outside** or **exercise** with a family member.**Drink water**. Did you know taking a drink of water when you feel worried or angry can help you improve your mood?**Brush your teeth** and think about how the bristles of your toothbrush feel and how your toothpaste tastes.Go to bed early. Getting enough **sleep** helps us to focus, learn new information and improves our mood! | Try one of the following **Gratitude** activities:Watch Kid President talk about what he is thankful for: <https://www.youtube.com/watch?v=yA5Qpt1JRE4>:Close your eyes and **think about someone you are grateful for.** Why do you appreciate them? Write down a list and then read it to them if possible or write them a letter.Pick a person you know and think of encouraging things you would like to say to them. **Send positive thoughts** their way!Decorate your window, create with sidewalk chalk or write a letter with an **uplifting message** to a health care worker or essential employee. | Practice a **brain break** activity.**Blow some bubbles**. Practice deep breathing by blowing out in a soft, slow, steady way which makes bigger bubbles versus short fast breaths.Use **art supplies** and be creative.**Play a favorite game** with a family member. Don’t forget to ask the other person what their favorite game is and play it with them!**Tell a joke** to someone, draw a funny picture, watch a funny video or ask someone else to share a joke with you!**Dance** to your favorite upbeat song. |
|

Hello, Fort Garrison Parents and Students

I hope you are healthy and well! During our school closure and times of increased stress, it is important to consider your emotional health and well-being. I encourage you to participate in social-emotional learning by selecting and attempting one suggested activity daily. These activities can be helpful to manage strong emotions such as anger, anxiety, sadness, frustration, and stress. My hope is that you may find some fun ways to help cope with difficult or stressful situations. I look forward to hearing what activities you like best!

A common question I am receiving lately is, “How do I help my child calm down when they are emotional and upset?” The following techniques for parents have been suggested by experts:

* When your child is upset, remind them to take deep breaths or count to ten. Model this behavior by doing it together with your child.
* Distract your child by singing a song, playing music or pointing out something else that might interest your child. Interrupt strong emotions by offering a squeeze ball, putty, play dough or fidget toy.
* Use humor and do something you know makes your child laugh.
* Give your child their favorite toy, blanket or stuffed animal.
* Help them burn energy by engaging in a physical activity. Go for a walk, do jumping jacks, dance to a favorite song, play tag in the yard, etc.
* Use “First ….Then” to help your child understand that they will get what they want if they are patient. Example: “First do your math sheet, then you can have a snack.”

The Mind Yeti videos can be found at: <https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCXoPaMMYotldKlUQCw>

Sincerely,

Shelly Borucki

School Counselor

Fort Garrison Elementary

