


John J. Duggan Academy Choice Board

A. Emotional regulation and stress management	B. Gratitude and kindness	C. Joy and connection	D. Self-awareness and reflection	E. Social awareness and empathy
<i>Do you feel stressed or anxious? Pick from this column.</i>	<i>Do you feel like people around you are feeling sad? Do you feel sad? Pick from this column.</i>	<i>Do you feel the need to do something light-hearted? Pick from this column.</i>	<i>Do you feel curious about something? Confused? Pick from this column.</i>	<i>Do you feel disconnected from other people? Pick from this column.</i>
<p>1 <i>Make a playlist of your favorite positive songs and listen to it.</i></p> <p><i>Make a playlist of new positive songs and listen to it.</i></p> <p><i>Sing along and let the lyrics elevate your mood</i></p>	<p>2 <i>Choose 2 people who you care about that you have not been able to see. Write a letter or email letting them know how you are, what you have been doing, etc.</i></p>	<p>3 Bake a cake and give it to someone.</p>	<p>4 <i>Watch the movie Selma and learn about the Civil Rights Movement</i></p>	<p>5 Ask some people you know for their favorite song. Make a playlist of all of this music. Listen to this playlist and then share it with all the people who contributed.</p>
<p>6 <i>Create a daily schedule: 3 acts of kindness, 5 acts of gratitude, 1 hour of self-care</i></p>	<p>7 <i>Shine a Light on Your Bright Spots! Think of three of your best moments each week and journal about them</i></p>	<p>8 <i>Pick your favorite Power Songs and dance your heart out every day to one them. Find some new moves, have your family join in, video tape yourself and share with others or invite others to join you for a virtual dance party,</i></p>	<p>9 <i>Think "is this nice" before responding</i></p>	<p>10 <i>Make some Good Trouble-This is inspired by Congressman John Lewis' leadership in the historic march from Selma to Montgomery in 1965. Click on the link below as John Lewis reflects on the meaning of the phrase: "Good Trouble". The news story is from the opening of National Center for Civil and Human Rights in Atlanta. https://youtu.be/kHNfP9Thqh0</i></p>
<p>11 <i>Take A Trip Down Memory Lane-Text two friends this week with a funny memory or a photo from hanging out. Sharing happy memories with others can help you feel less lonely and anxious.</i></p>	<p>12 Hearts for Healthcare Workers Make a heart for your front door or window showing your appreciation for healthcare workers.</p>	<p>13 Write one thing each day for a week that brings you joy (playing kick ball with my brother, laughing with my friend on facetime, seeing a rainbow) and draw a picture of it!</p>	<p>14 Make a list of your strengths using only emojis or symbols.</p> 	<p>15 Don't SQUISH others!</p> <p>Don't:</p> <ul style="list-style-type: none"> S Start or spread rumors Q Quit including others U Use mean words I Ignore someone on purpose S Say threatening things H Humiliate others <p>Think of how YOU want to be treated</p>
<p>16 <i>Vibe Check-Check in on two friends this week,</i></p>	<p>17 <i>Write a thank you note to someone that may not expect it. It could be a</i></p>	<p>18 Make a Scrapbook Add pictures of family members, awards</p>	<p>19 Pick a new and interesting food recipe to make with family or</p>	<p>20 <i>Future Jar-Start a future plans jar and invite your friends, parents, grandparents and even your</i></p>

<p><i>Ask them about their day or any question that gives both a chance to talk about your feelings.</i></p>	<p><i>clerk at a store that always smiles and wishes you well, a family member that did something that made you happy. Let them know that you appreciate the things they do!</i></p>	<p>(school, sports, and extracurricular activities).</p>	<p>friends and enjoy it together.</p>	<p><i>neighbors to contribute what they are looking forward to doing once the pandemic is over. When the pandemic is over you can open it and do the activities.</i></p>
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