

Be Well, Friends!

It is ok if COVID-19 is making you feel stressed, scared, angry or sad. Wash your hands and follow the guidelines set out by the World Health Organization, but don't forget to take care of your mental health, too! Try out these activities to practice self-care:

EXERCISE: Be active! With the help of an adult, search these phrases on YouTube for workouts: Just Dance; Go Noodle; Cosmic Kids Yoga; Zumba for Kids; academy.yogaed.com (website)

MEDITATE: Calm your mind with meditation and breathing exercises. With permission from an adult, download these free apps: Stop, Breathe & Think Kids; Breathe, Think, Do; Meditation for Kids; Cosmic Kids

READ: You may have books at home. These websites offer digital reading materials! Evld.org; storylineonline.net; ryanandcraig.com; vooks.com (one month free); getepic.com

CREATE: Draw, paint, color, or craft! Pinterest has lots of ideas for projects you can create with materials recycled from around your home. Let your imagination run WILD!

LISTEN: Listen to music, a podcast, or an audiobook. It may help you to listen to relaxing music. Try these Pandora stations: Beats for Studying; Piano Guys; Classical Goes Pop

WRITE: Create a journal to record your thoughts, feelings, and activities over the break. You can write or type on a device.

EXPLORE: Use your time to discover some new hobbies. What do you like to do? What makes you Happy? Try something you have never done before or learn a new skill!

STRESS TOOLS: Stress tools and fidgets may help relieve anxiety. Here are some items you may have at home to help you relax: Stress Balls; Playdoh, putty or clay; Headphones to reduce noise.

SHARE: Don't forget.... It is very healthy to talk about your feelings. Share with your friends and family! If you're feeling anxious or negative, get help from a trusted adult.

CONNECT: Even though your teachers won't see you at school, you can still keep in touch! Email them! Use the online tools that they are using!

We can't wait to see you when we get back! Take care of yourselves and email if you would like to: Mr. Williams zachary.williams@eagleschools.net, Mrs. Brown jordan.brown@eagleschools.net, Ms. Grilli nicole.grilli@eagleschools.net, Ms. Boeke tammi.boeke@eagleschools.net

