







Hello ELMS Eagles! These daily activities are not mandatory and are not meant to take a lot of time. Choose one or try them all, it's up to you! Know that you are missed. Be well and take care of yourself and those you love.

Mindful Monday 4/6	GratiTuesdays 4/7	Wellness Wednesday 4/8	Thoughtful Thursdays 4/9	Fun Fridays 4/10
				
<p>How to manage any fear, grief, anxiety, stress and loneliness you may be feeling.</p> <p>1. A-Z Coping Strategies  <a href="http://rwjms.rutgers.edu/departments_institutes/cf_center/documents/Alphabet-of-Coping-Skills-Interventions.pdf">http://rwjms.rutgers.edu/departments_institutes/cf_center/documents/Alphabet-of-Coping-Skills-Interventions.pdf</a></p> <p>2. Featured Coping App or Resource for the Week:  <a href="https://www.calm.com/">https://www.calm.com/</a></p>	<p>What is gratitude and why is it important?</p> <p>Gratitude is a feeling of appreciation. You recognize that something is valuable to you which has nothing to do with its monetary worth. It's looking for the good in our lives.</p> <p>Being grateful for what we have or certain people in our lives can help make us happier and change our brains, although it might take some practice. Good thing we have some time on our hands ;- ) But you don't have to take my word for it.</p> <p>1. Let UC Berkely discuss their findings...  <a href="https://bit.ly/3bzyfYI">https://bit.ly/3bzyfYI</a></p>	<p>There are 8 dimensions of wellness.</p> <ol style="list-style-type: none"> <li>1. Emotional</li> <li>2. Spiritual</li> <li>3. Intellectual</li> <li>4. Physical</li> <li>5. Environmental</li> <li>6. Financial</li> <li>7. Occupational</li> <li>8. Social</li> </ol> <p>Today we will focus on emotional wellness. Emotional wellness is the ability to cope effectively with life and build satisfying relationships with others. It helps us feel confident and in control of our behaviors and feelings.</p> <p>Our emotional wellness can be improved by doing activities that involve our senses: smell, taste, touch, sight, and sound. Listen to</p>	<p>Take the Peace Pledge! Uplifting our World Through Love and Action</p> <p>"I pledge to use my words to speak in a kind way. I pledge to help others as I go throughout my day. I pledge to care for our earth with a healing heart and hands. I pledge to respect people in each and every land. I pledge to join together as we unite the big and small. I pledge to do my part to create peace for one and all!"</p> <ol style="list-style-type: none"> <li>1. Surprise a friend or loved one you can't visit with a letter.</li> <li>2. Sign up a "Grandfriend" to receive letters.  <a href="https://kidsforpeaceglobal.org/lovingletters/">https://kidsforpeaceglobal.org/lovingletters/</a></li> </ol>	<p><b>NO SCHOOL</b></p> <p>Have you checked out the Time Capsule posted on our Virtual Guidance Office?</p>  <p>This is such a unique time in history that we find ourselves in. This activity is a great way to process feelings about it, document and connect with your family members. Totally optional but loads of fun and reflecting!</p> <p>Download file in Virtual Guidance Office post or files area.</p>

	<p>2. Need some ideas on things to be grateful for in tough times? Check out this list:  <a href="https://bit.ly/2QUICOM">https://bit.ly/2QUICOM</a></p> <p>3. Take a moment to chalk the sidewalk or make a creative art piece about what you are grateful for. Snap a photo and post #ELMSGratiTuesdays</p>	<p>music, eat your favorite food, play with your pet, watch your favorite movie or the sunset, visit your friends and extended family virtually through Facetime or Zoom.</p> <p>1. The National Institute of Health has more suggestions on improving your emotional health  <a href="https://bit.ly/2JqsRuG">https://bit.ly/2JqsRuG</a></p> <p>2. Be intentional about making a meaningful connection this week with a family member or friend (virtually)...ask questions and connect... ask how are you coping during this time... what don't you know about this person...consider interviewing a grandparent or aunt/uncle about important milestones in their life.</p>	<p>3. Write to a senior citizen in a retirement or recovery home who cannot receive visitors because of the Covid-19 virus  <a href="https://lovefortheelderly.org/letters">https://lovefortheelderly.org/letters</a></p>	
<p>Virtual Field Trip!</p> <p><a href="#">San Diego Zoo</a></p>	<p>Virtual Field Trip!</p> <p><a href="#">The Louvre in France - Egyptian Antiquities</a></p>	<p>Virtual Field Trip!</p> <p><a href="#">The Great Wall of China</a></p>	<p>Virtual Field Trip!</p> <p><a href="#">Canadian Egg Farm</a></p>	<p>NO SCHOOL</p>