







This is a fun opportunity to check-in virtually with each other. Take a moment for yourself. 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.

You are helping us all by staying home!

Mindful Monday 4/13	GratiTuesday 4/14	Wellness Wednesday 4/15	Thoughtful Thursday 4/16	Fun Friday 4/17
				
<p>How to feel less out-of-control when facing the unknown.</p> <p>3 questions to help you stay grounded: 1.What am I feeling? 2.What options do I have? 3.What really matters?</p> <p>While we cannot control the pandemic and all that it brings, we CAN control who we are and what we stand for. We can control how we support and listen to the people around us.</p> <p>THE POWER OF NAMING FEELINGS</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>Even when times are tough, there is always something or someone to be grateful for.</p> <p>Here are some prompts to help you get started: I'm grateful for three things I hear: I see: I smell:</p>	<p>There are 8 dimensions of wellness.</p> <ol style="list-style-type: none"> 1.Emotional 2. Spiritual 3. Intellectual 4. Physical 5. Environmental 6. Financial 7. Occupational 8. Social <p>One idea about the 8 dimensions of wellness is if you can change your habits, you can change the quality of your life.</p> <p>Today we will focus on spiritual wellness.</p> <p>Spiritual wellness is related to the values and beliefs</p>	<p>With so much change and uncertainty, knowing so many people are hurting, having to stay away from friends and family we love-the world could use a little kindness.</p> <p>1.Try the connection challenge "Instead of social distancing, we physically distance together" For the next week, try to connect with someone (same person or seven different people) every day virtually through texting, email, or social media. Check-in and ask them how they are feeling and share how you are feeling,</p>	<p>ELMS Inventor Scavenger Hunt Challenge!</p> <p>INVENTOR SCAVENGER HUNT <small>with my Approval</small></p> <ul style="list-style-type: none"> •Find something that you can turn. •Find something that is bumpy. •Find something that is metal. •Find something you put together. •Find 3 things that are round. •Find something you twist. •Find something shiny. •Find something you can roll. •Find a tube. •Find 3 things that are squishy. •Find something clear. •Find something that can bounce.  <p>Snap a picture of yourself with all of the items & email to Mrs. Broner! bronerm@pcs.org First 3 winners get highlighted on announcements and</p>

<p>Research on anxiety reveals a crucial lesson on uncertainty: Name it to tame it. When we push away or ignore feelings, we don't solve our problems. So, as you're grappling with one of the world's biggest challenges if you're feeling big emotions (or those around you are) just recognize it. Your feelings are a message and they are trying to help you cope. Keep asking, "What else am I feeling?"</p> <p>Cool resource with exercises to help you manage your feelings: https://positivepsychology.com/the-crisis-kit/</p>	<p>I touch/feel: I taste:</p> <p>I'm grateful for these three blue things: animals/birds: friends: teachers: family members: things in my home:</p> <p>TAKE IT UP A NOTCH Leave a note or text a person and tell them what you are grateful for!</p>	<p>that help you find meaning and purpose. Signs of strong spiritual health include having clear values, a sense of self-confidence and a feeling of inner peace.</p> <p>To improve spiritual wellness, some people volunteer, some pray, some meditate, others find comfort spending time in nature. You may be helped by finding a quiet space where you can be alone and think. It is about allowing experiences that offer you hope, purpose, and meaning. Think about what makes you feel purposeful?</p> <p>1.Reflection question: What do you do that helps you find meaning and builds up hope?</p>	<p>then challenge them to do the same!</p> <p>2.Join the Viral Happy Heart Hunt Challenge Join the viral challenge that made the news! Cut out hearts of any size or materials and decorate it with a positive message and leave in your window. Encourage your neighbors to do the same and then tour the neighborhood to see how many you can find (maintaining a safe distance) HEART CHALLENGE Heart Challenge NEWS ARTICLE Heart Challenge News Article</p> <p>3.Happy House Hunt Your family chooses a word (happy, peace, love, etc.). Everyone chooses an object that represents the word, a peace sign, a pillow emoji, etc. Everyone hides their object and when someone finds it (they do a chore for someone else in the house, they shout "I found our joy" or whatever your family decides.) Then hide it and start again.</p>	<p>school website! Get creative and get thinking!</p>