

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
Do you feel stressed or anxious? Pick from this column.	Do you feel like people around you are feeling sad? Do you feel sad? Pick from this column.	Do you feel the need to do something light-hearted? Pick from this column.	Do you feel curious about something? Confused? Pick from this column.	Do you feel disconnected from other people? Pick from this column.
<p>1 Mindfulness/Breathe -Smell the flowers! (Breathe in), hold 3-5 seconds -Blow out the candle (Breathe out), hold 3-5 seconds -Repeat several times.</p> <p>Get comfortable in a quiet place. Feel your breath and practice positive thinking.</p>	<p>2 Your own Rose Garden: Rose Garden Exercise</p>	<p>3 Say Hello! on FlipGrid</p>	<p>4 Journaling – write a few sentences about the following prompt.</p> <p><i>Prompt 1: I really wish others knew this about me...</i></p>	<p>5 Normalize Anxiety - It is normal to feel anxious, scared, or angry about how current events are effecting our lives.</p> <p>Acknowledge these feelings and talk to a trusted adult. Talking about these concerns is helpful in maintaining positive mental health.</p>
<p>6 Sometimes, you just need to watch a Funny Video</p>	<p>7 I'll Be there for you! Help with the yard, cook a meal, clean up afterward, clean a room or two, or even assist in watching a younger sibling. Be that role model!</p>	<p>8 Personalized Connection Schedule a time where you can spend some one-on-one time with someone who is important to you (could be a family member, teacher, friend, coach). Do something you like and enjoy your time together.</p>	<p>9 Self Check-in: Body Scan Video</p>	<p>10 Write a Letter or Email to a family member you haven't been able to spend time with. Share how you've been keeping busy and how you've been feeling.</p> <p>Ask an adult for help sending (addresses, stamps).</p>
<p>11 Get Moving! Take the time to be active every day for 30 minutes. Go outside to ride a bike, walk, run, or play catch, etc..</p> <p>Did you know that 30 minutes of day outside in the sun provides a day's worth of Vitamin D which can increase your mood and decrease depression and anxiety?!</p>	<p>12 Journaling – write a few sentences about the following prompt.</p> <p><i>Prompt 2: Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.</i></p>	<p>13 Music is Power -Listen to music that speaks to you for joy and comfort. -Not only listen to it but share with others. -Find music you do not normally listen to such as spa or calming music. -Find music that is uplifting and makes you feel inspired to get moving.</p>	<p>14 Reflect on Current Events Watch The Danger of Silence Complete the Reflection Worksheet</p>	<p>15 Check-in with Flipgrid Share how you've been coping with "the new normal" and see what others have been doing, too.</p>
<p>16 Play Emotion Charades Act out or draw feelings with a family member. What was your favorite feeling?</p>	<p>17 Say Thank you! Think about someone who has been kind or helped you in any way (could be a family member, teacher, friend, coach). You can say thank you by creating a card, making a call, or even sending an email.</p>	<p>18 Virtual Party - Send an invite to your friends and have a virtual chat/party. Bring your favorite food with you. Discuss your favorites such as food, restaurant, music, shows, hobbies, hopes or dreams. Agree to talk about anything but the Corona Virus. THIS WILL PASS!</p>	<p>19 Begin Exploring - Use the O*NET Interest Profiler to help identify possible career paths.</p>	<p>20 Journaling – write a few sentences to answer the following prompt.</p> <p><i>Prompt 3: Think about your favorite book, what are two examples where characters show empathy?</i></p>

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