

Charles City High School Social Emotional Calendar

MINDFUL MONDAY #MINDFULMONDAY	GRATI-TUDE TUESDAY #GRATITUDETUESDAY	WELLNESS WEDNESDAY #WELLNESSWEDNESDAY	THOUGHTFUL THURSDAY #THOUGHTULTHURSDAY	FOCUS FRIDAY #FOCUSFRIDAYS
<u>April 20, 2020</u>	<u>April 21, 2020</u>	<u>April 22, 2020</u>	<u>April 23, 2020</u>	<u>April 24, 2020</u>
Grasp your hands really tight and hold for 5 to 10 seconds, then release and pay attention to how your hands feel. Keep your attention focused on the feeling for as long as you can.	Grateful or thankful is the feeling we get when something good happens to us. Many of us feel grateful for family, friends, or pets. Feeling grateful could also come from a time when someone helped you. Think back over the past few weeks and write down five things in your life that you are grateful or thankful for.	Stay connected during social distancing. Consider reaching out via text, phone, engaging in gaming platforms, social media platforms and video conferencing. Challenge yourself to reach out to friends and family daily. Reaching out will remind loved ones and friends that you are not alone.	Spreading kindness is beneficial to you and to the people you are spreading kindness to. Today, leave happy notes around your house to make your family members day extra special.	Today is #FocusFriday!! Be free from worry, anxiety, and stress by creating a journal where you can write about what you are feeling each day we are apart.
<u>April 27, 2020</u>	<u>April 28, 2020</u>	<u>April 29, 2020</u>	<u>April 30, 2020</u>	<u>May 1, 2020</u>
Stare at any object and try to remain focused on just that object for as long as possible. Keep a mental watch on when your mind starts to wander, then bring it back to the object. The longer you can remain focused, the more your mindfulness will increase.	Close your eyes. Think of someone still alive who did something or said something that changed your life for the better. Someone you never properly thanked; someone you could meet face-to-face next week; someone you may not have thought about or seen for a while; someone who isn't always on your mind. Now write a letter of gratitude to this individual. When you are done call or send the letter to this special person.	Create a schedule and routine. It is very tempting during this time to fall away from your normal schedule. This may allow you to lack motivation and purpose. You will also find yourself aimlessly going through the day. It is critical to build structure to keep you motivated, engaged and on top of your assignments.	Place an object somewhere in your house or workspace which will remind you to feel grateful each time that you look at it. It can be a little sign that says "Thank You" hanging up, or an object to remind you to be grateful each time that you see this item.	If you are feeling anxious or worried about anything, write it down on a sheet of paper. Fold that sheet of paper into an airplane and throw those worries away! Dance to your favorite song and go about your day!

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<u>May 4, 2020</u>	<u>May 5, 2020</u>	<u>May 6, 2020</u>	<u>May 7, 2020</u>	<u>May 8, 2020</u>
<p>Take a deep breath.</p> <p>Name 5 things you can see.</p> <p>Name 4 things you can touch.</p> <p>Name 3 things that you can hear.</p> <p>Name 2 things that you can smell.</p> <p>Name 1 thing that you can taste.</p>	<p>Find someone, it can be a friend or a family member, and share what you're grateful for with each other. You can feed off of each other's' ideas. In addition, if the other person knows you well they can remind you of things you may be leaving out or things you've forgotten.</p>	<p>Reduce stress during this time as you are used to moving between classes. Now that you are home, you will need to create meaningful breaks for yourself. Find activities to engage that will help you deal with stress and anxiety during these uncertain times. Try taking time to read a book, keep a journal, meditate, get outside, or explore a new hobby.</p>	<p>Show your appreciation to your teachers as this is National Teacher Appreciation Week. Make sure to highlight a specific instance when your teacher really helped you through a problem or helped you learn a difficult concept.</p> <p>Remember, some of the most important lessons that teachers pass down to students aren't academic lessons but life lessons. Don't be afraid to really let your teachers know just how much they've positively impacted your life.</p>	<p>Escaping the anxieties during this crisis is nearly impossible on social media. Take this opportunity to unplug for a bit. You will be surprised at the relief you have as a result of shutting out all the noise.</p>
<u>May 11, 2020</u>	<u>May 12, 2020</u>	<u>May 13, 2020</u>	<u>May 14, 2020</u>	<u>May 15, 2020</u>
<p>Listen to your favorite song and pay attention to how it makes you feel. What emotions do you feel? What memories come up, and how do those memories make you feel? Engage the emotions and see where they lead.</p>	<p>Gratitude is in the air this month. This is the perfect time to be thankful as we have so much time to think and reflect.</p> <p>Go through each letter of the alphabet and name something that you are grateful for.</p>	<p>Maintain a healthy diet while at home. Stress can drive many of us to unhealthy eating habits but now is a critical time to maintain our most healthy eating approach rather than eating to give us the energy and stamina. We need to deal with all the shifts and changes. Hold off on bingeing on junk food and take care of your mind and body by fueling it with healthy choices.</p>	<p>Make a plan to do 1 random act of kindness this week for each person that you live with. Journal each person's response and reflect on how the random acts of kindness have impacted you as a person.</p>	<p>Positivity can have a huge effect on your overall mindset and self-esteem for teens. Where focus glows, energy flows.</p> <p>Look in the mirror and repeat this positive affirmation: "I am strong. I love myself. I am worthy. I believe in myself,"</p>

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<u>May 18, 2020</u>	<u>May 19, 2020</u>	<u>May 20, 2020</u>	<u>May 21, 2020</u>	<u>May 22, 2020</u>
<p>Sit silently in your favorite chair or in a sunny spot outside. If possible do this without cellphone, laptop or other distractions near you. As you become still bring your full awareness into the present moment and to your sensory perceptions. All that exists for you is the here and now. Close your eyes and spend one minute thinking about the happiest day of your life. What do you remember about that day?</p>	<p>Life has its challenges and ups and down. As we are confined to our homes at this time we must understand that something difficult can be a blessing and help us become stronger. Every day is a GIFT.</p> <p>G- Name something <u>GOOD</u> that happened today.</p> <p>I-Name something <u>INTERESTING</u> or ask a question.</p> <p>F- Name something <u>FUN</u> that happened today.</p> <p>T- Name something <u>TOUGH</u> that happened today.</p>	<p>Find new ways to incorporate regular exercise in your day. It's simply a matter of finding what will work best for you. Connect with a friend to create accountability and make sure you get your workouts in. This person can become your virtual accountability partner moving forward. You can text your friend to let them know you are starting your workout or even video chat as you exercise.</p>	<p>Social media is a popular place to sympathize about everyday frustrations. While that can be therapeutic, the sheer volume of frustrations we come across can also become tiresome. Introduce some positivity by brainstorming a post that inspires hope, happiness and/or a giggle, whether it's a quote or an original drawing, and share with your followers.</p>	<p>Find a spot in your house that makes you happy. Add a comfy pillow, stuffed animal, fun activities, coloring sheets, music, etc. This can be an area you can relax in when you feel you need some time to yourself. Maybe you and your family can work together to add items that will help.</p>
<u>May 25, 2020</u>	<u>May 26, 2020</u>	<u>May 27, 2020</u>	<u>May 28, 2020</u>	<u>May 29, 2020</u>
<p>While you are laying down with your eyes closed, squish and squeeze every muscle in your body as tightly as you can. Then squish your toes and feet, tighten the muscles in your legs all the way up to your hips, suck in your belly, squeeze your hands into fist and raise your shoulders up to your head. Hold yourself in this squished up position for a few seconds, then release and relax.</p>	<p>Gratitude is easy when things are going well, but when problems are piling up, the world seems to be falling apart, and we don't know how we're going to get through the day, it's hard to feel grateful. Why is gratitude important? What is one example of how you have shown gratitude so far this year?</p>	<p>Have you been wanting to learn how to do something new, start a new book or spend time just doing something you haven't had time to do? Now is the time to do that. Focusing on yourself and finding ways to use your new-found time is a productive way to keep you busy.</p>	<p>Make time today in your busy schedule to catch up with a family member or friend that you haven't seen or spoken with in a while. Catch up with them via text, call or video chat. You all will benefit from a long overdue chat. After all, it is always great to reminisce with family and friends.</p>	<p>Do you have friends that stress you out or that always try to involve you in their drama? Make sure you are surrounding yourself with people that make you feel happy most of the time. Focusing on you includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.</p>

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<u>June 1, 2020</u>	<u>June 2, 2020</u>	<u>June 3, 2020</u>	<u>June 4, 2020</u>	<u>June 5, 2020</u>
Wherever you are, just stop and look around when safe to do so. Become aware of everything that your senses pick up. How do you feel? Do you feel excited? Do you feel anxious? Make a mental note and keep observing without judgement.	Decide on something to do around the house that would help your family during this time. Do something without having to be told what to do. This may include taking the trash out, washing the dishes or organizing a particular room etc.	Reading endless news articles and getting up to speed with online learning can be exhausting. Try to maintain regular sleep cycles by going to sleep and waking up daily at approximately the same time. If your cell phones constant delivery of news stories and updates are keeping you up, consider charging your phone in another room so you can get some sleep.	Write a thoughtful note to your fellow Panthers. Take a picture of your letter and post it for others Panthers to know that you have missed seeing them these past few months.	Sometimes it can be helpful to put down the phone and get away from social media for a little while. Always being on social media can have a negative impact on your mood. Instead, focus on things that you can do that don't require electronics. What are you able to come up with?