

I Can Do This! Virtual Survival Guide

We are here for you if you would like to talk, need some encouragement or support.

Sr. Jennifer —(414) 395-5804

Ms. Woods -- (262) 290 -3139

Think positive

-  We are all in this together. We are here for each other.
-  You can and will succeed.
-  Accept things you can't change and change the things you can.
-  Focus on what you can do and give yourself credit for what you have accomplished.
-  Replace negative statements running through your mind with reality statements and calming thoughts. Like..."I know this is hard and I can do this or I will ask for help."
-  Remember you accomplish more if you break it down into smaller parts.

Take care of yourself

-  Set a schedule and stick to it.
-  Eat healthy, balanced food and at regular times
-  Get enough sleep—6 to 8 hours a night
-  Get some exercise –something you enjoy
-  Take a moment to relax, stretch or shake off tension throughout your virtual learning day.
-  Join the Monday and Friday Assemblies to connect to the SJA community.
-  Stay connected virtually and through social media to the people who support you and build you up.

Take care of others

-  Do something nice for someone else.
-  Stay connected virtually to friends, family, teachers, and classmates. They need you too!
-  Be friendly, helpful and cooperative; that's what really counts.
-  Be aware of your negative feelings and don't take them out on those around you.
-  Remember you can't take back what you say. You can say you are sorry if you make a mistake.

I Can Do This! Virtual Survival Guide

Be realistic

-  Set goals—short term and long term
-  Set yourself up for success. Set some small, realistic goals that you can accomplish.
-  You will accomplish what needs to be done if you keep working.
-  Ask questions and get help if you get stuck or don't understand.

Stay focused

-  Schedule regular time for school work and stick to it.
-  Break work into smaller parts and finish before moving to the next part.
-  Take short breaks but then get back to work.

WAYS TO KEEP CALM

When I am angry, sad, mad, or anxious I can:

- 1) Breathe slowly (3 seconds IN through my nose and 3 seconds OUT through my mouth)
- 2) Count slowly backwards from 10 to 1
- 3) Color!
- 4) Go to my “happy place” in my mind
- 5) Listen to relaxing music (<https://www.youtube.com/watch?v=-VmQNKaOeEw>)

If you just want to listen:

<https://www.npr.org/templates/story/story.php?storyId=18577817>

- 6) Exercise (jump rope, sit ups/push ups, jumping jacks)
- 7) Use Playdough or clay. Don't have any? You can make some slime!
- 8) Take a warm bath or shower

I Can Do This!
Virtual Survival Guide

9) Take a walk (even 10 minutes can increase endorphins which make you feel happier)

10) Take a nap but for only 10-15 minutes

BREATH & BE CALM!

