

# Same Here **STRIDES** Challenge

## Sayville Schools

The goal of the **Same Here STRIDES Challenge** is to unify our Sayville community and raise awareness about mental health and wellness. No matter who we are, we all face challenges that we need to overcome. **Resilience is key.** The first step in addressing our individual challenges is to recognize them, so that we can develop a plan to overcome them. Let's try it!!

### Directions:

1. **Share the Sayville STRIDES districtwide video** with your class/advisory/homeroom. The link will be shared in an email from your principal.
2. **Debrief** after the video. Ask students to share their thoughts about the video and how it made them feel.
3. **Hand out the Same Here Challenge Flyer.** Everyone in the district will receive one.
  - ❖ Each individual should identify what their daily/life challenge is (i.e. anxiety, self-esteem, making friends, school, loss, concentration, etc)
  - ❖ Then, identify one way you are making strides to overcome this challenge. How are you working to overcome this obstacle? **K-2 students can draw a picture on the back of the flyer if that is easier.**
  - ❖ Based on comfort levels, have students share their challenges and how they work to overcome it.
4. **Display your Same Here Challenge Poster.** Teachers please hang your poster in your classroom or on your door. Elementary teachers, hang your student posters in your room where you see fit. Middle and High School teachers, please refer to your principal for where posters will be displayed. We are looking to get our Main Street business owners in Sayville involved in the challenge and we will also incorporate this into our next Family Connect Night. I will be around the buildings again in May to take photos of staff and students with their posters and we will display them on the @SayvilleStrides Instagram and Twitter pages.