

# Back To School



BACK-TO-SCHOOL

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Let's take a break!

## Family Time

At the end of a long day of studies, what is better quality time with your family. Whether it's a game or just spending time talking about your day, it's important to build strong bonds and healthy relationships.

On the next page, we have created a Reflection cube that you can use at the end of the day.

Carefully cut around the dotted lines or tape to assemble the cube.

At the end of the day, spend 30 seconds with the cube back and forth between family members.

When you catch the cube, read the side you catch.

You can use the cube with your family and learn about how your family members are doing.

Have fun with it!



## Sleep Routines

Do you know what happens when you sleep? Your brain is still active. As we sleep, our brains pass through five stages of sleep.

Well, that is true but there is a lot more going on with your body and your mind. You actually experience five different stages of sleep.

You probably don't notice it, but while you're asleep, your brain is still active. As we sleep, our brains pass through five stages of sleep.

All of the stages together, stages 1, 2, 3, 4, and REM (rapid eye movement) sleep make up a sleep cycle. One complete sleep cycle lasts about 90 to 100 minutes.

So during an average night's sleep, a person will experience about four or five cycles of sleep.

Stages 1 and 2 are periods of light sleep from which a person can wake up easily. During these stages, eye movements slow down and eventually stop, heart and breathing rates slow down, and body temperature decreases.

Stages 3 and 4 are deep sleep stages. It's more difficult to awaken someone during these stages, and when awakened, a person will often feel groggy and confused for a few minutes. Stages 3 and 4 are the most refreshing of the sleep stages — it is this type of sleep that we crave when we are very tired.

The final stage of the sleep cycle is known as REM sleep because of the rapid eye movements that occur during this stage. During REM sleep, other physical changes take place — breathing becomes rapid, the heart beats faster, and the limb muscles don't move. This is the stage of sleep when a person has the most vivid dreams.

- Why is sleep important?**
- You need sleep to:
    - pay attention and learn in school
    - improve athletic performance
    - grow and develop normally
    - be healthy

- Lost sleep can lead to:**
- poor grades
  - health problems
  - trouble fighting infections
  - emotional problems, like depression

- Am I getting enough sleep?**
- Even if you think you're getting enough sleep, you might not be. You may need more sleep if you:
- have a hard time waking up in the morning
  - have trouble concentrating
  - are falling asleep during classes
  - feel irritable, moody, sad, or depressed

- How much sleep do I need?**
- Children 6 to 12 years - 9 to 12 hours of sleep every 24 hours.
  - Teens 13 to 18 years - 8 to 10 hours of sleep every 24 hours.

Try using the Sleep Log on the next page to track how much sleep you get each night

Source: KidsHealth.org



## Screen Time Log

Fill out the number of hours in 15-minute increments that you spend with each device. Add the total hours to calculate your weekly screen time. (Do not count hours you use the devices for homework)

Monthly - Reflection

Use this planning sheet to reflect on your activities and accomplishments for the month.

## Easy After-School Snacks



### No Bake Peanut Butter Cheerio Squares

- Ingredients:**
- 1/4 cup butter
  - 1/2 cup peanut butter
  - 3 1/2 cups mini marshmallows
  - 4 cups cheerios

**Directions:**

- Prepare an 8x8 pan by greasing it lightly with butter and set aside.
- In a bowl, measure out 4 cups of cheerios and set aside.
- In a saucepan over low/medium heat, melt the butter, peanut butter and mini marshmallows together. Stir continuously.
- Once everything has melted, pour the peanut butter mixture over the cheerios and mix well.
- Press the mixture into a greased 8 x 8 inch pan.
- Let cool at least 30 minutes before cutting.

Source: www.grocery.com

## Pizza Toast

- Ingredients:**
- 1 slice pizza
  - 1/2 cup of mini pepperonis
  - 1 tablespoon of parsley

**Directions:**

- Preheat oven to 350° and line a medium baking sheet with parchment paper.
- Prepare pizza and spread with pizza mozzarella and mini pepperonis and place in oven to bake for 10 minutes.
- Remove from oven and place in a bowl. Add parsley and mix well.
- Let cool and serve.

Supervision encouraged for younger children\*\*

# Programming Packet National Guard Child and Youth Program



# Welcome to September!

We are excited that you requested the Back-To-School packet!

The National Guard Child and Youth Program Coordinators thought this would be a good time to provide some pretty awesome tools and activities to help you while you are returning to school.

We understand that school looks different this year for many students. We also wanted to provide you with tips and tricks to help you learn how to set goals, get motivated, use a daily tracker, and so much more. But, don't worry, we also included some really fun recipes and activities for you, too.

We hope you have enjoyed your summer!

We hope you enjoy the packet and we would be excited to see some photos of you working on the projects. We hope to see you soon!

*Child and Youth Program Coordinators*

BACK-TO-SCHOOL



# What's Inside

# BACK-TO-SCHOOL

**Section One -- Setting Goals**

**Section Two -- Getting Organized**

**Section Three -- Note Taking**

**Section Four -- Sleep Routines**

**Section Five -- Mindfulness**

**Section Six -- Self Awareness**

**Section Seven -- Stress Management**

**Section Eight -- Online Safety**

**Section Nine -- Screentime**

**Section Ten -- Breaktime**

**Section Eleven -- Monthly Reflection**

**Section Twelve -- Check It Off**

# Setting Goals

## It's All Up To You

Setting goals is one of the first steps to being successful in all aspects of life. Whether you are setting personal goals or professional goals it is more than just thinking about them or writing them down. This section will help you learn how to set goals and make them a reality. This is a skill that you can use throughout your life.

Before you begin, think of two goals you would like to work on:

1. \_\_\_\_\_

2. \_\_\_\_\_



# It's All Up To Me Setting Goals

We all have ideas or dreams we would like to accomplish. What if we took it a step further and turned our ideas and dreams into actual goals. According to author and business owner Harvey Mackay, "a goal is a dream with a plan and deadline." A goal is also something you personally want, you value and you are willing to work for regardless if it takes days, weeks, months, years or a lifetime to accomplish. You may be thinking "I've never had any goals, or "I have goals but never seem to fulfill them or "I don't know how to set them." The good news is there is always room to learn something new.

Here are two suggested ways which can help you set goals for yourself.

First, is to create a vision board.

A vision board is a collection of pictures, words, quotes and objects connected to the goal you would like to achieve.

It allows you to "see" and focus on what's really important to you and encourage action.

### Materials:

- A poster or cork board or a sheet of heavy paper. (paper can be as large as you need it)
- Magazines and other printed materials you can cut out.
- Scissors, glue or tape.
- Any additional items you desire to place on your board.



Sample Vision Board

### Directions

- Collect and cut out pictures. You can also cut out people or things that represent what is important to you.
- Look for words, quotes or captions that express characteristics you aim to have. Words such as intelligent, curious, brave, kind, resilient, fair, fun, sense of humor, etc.
- Before you began to glue or tape, make sure everything you have collected truly speaks for your goals.
- Arrange your pictures, words, quotes, etc. on your board and glue or tape them. Get creative; the only person that needs to be pleased is you.
- Place your vision board where you can see it when you wake up and before you go to sleep. If you have a phone, another option would be to take a screenshot so you can view it as often as needed.

## 5 Reasons To Create A Vision Board

1. Vision boards make you think about what you really want.
2. Vision boards help you get unstuck.
3. Vision boards provide you with a daily visual reminder of your dreams and goals.
4. Vision boards will get you all fired up emotionally.
5. Vision boards are fun.



# The SMART Tool

You may be saying the vision board is cool, but I am more productive when I write things down. Another suggested way to set goals is through the use of the SMART acronym which stands for Savvy, Measurable, Active, Reachable and Timed. It is highly recommended each step is included to make your goal more achievable. Below are the SMART step descriptions to help you write out your goal:

- S** - is for Savvy - Your goal should be easy to understand, personal to you, positive and line up with what you believe in.
- M** - is for Measurable - Your goal should explain clearly what you want to achieve. Be as specific as possible.
- A** - is for Active - Write exactly what you will do to achieve this goal. Use actions words such as play, work, study, practice, talk, read, etc. Using these words will make your actions visible.
- R** - is for Reachable - Ask yourself if your goal is realistic. It's recommended to set goals that will get you out of your comfort zone.
- T** - is for timed - Come up with a clearly stated deadline when you would like to achieve your goal.

Here are a few examples goals using the SMART tool:

- To improve my vocabulary, I will study the definition of 2 new words each week for a year.
- I will review my math notes an extra 30 minutes, 3 times a week so I can get a good grade on the next test.
- I will practice my jump shot an extra 45 minutes, 3 times a week so I can gain more playing time this upcoming season.
- At least 2 times per month, I will research and practice new food recipes so I can contribute to this year's holiday meal.

Now it's your turn. Don't worry if it takes some time getting use to the SMART tool. The more you practice, the easier it will be to use.

## TAKE TIME TO REFLECT

Are my goals positive?

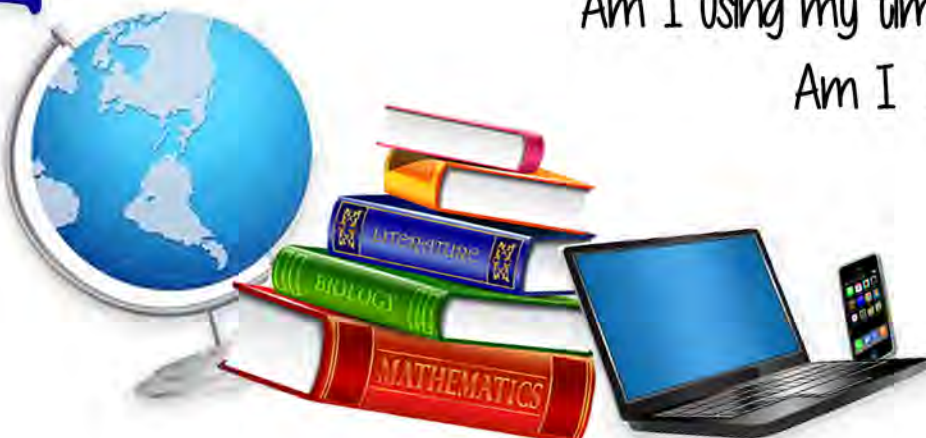
Are my goals possible?

Are my goals measurable?

Are my goals reachable?

Am I using my time wisely?

Am I being realistic?



# Self - Reflection



Use this planning sheet to quickly visualize your goals, inspirations and intentions for the day.

*Pick a topic*

*Family  
Friends*

*School  
Money*

*Health  
Fun*

*I'm proud that I*

*I'm worried that I*

*I still want to achieve  
Goal*

*Action*

*I will remind myself that*

*How I feel today*



# LET'S GET ORGANIZED AND FOCUSED!

Being organized will increase the amount of things you can accomplish. Have you ever sat down at your desk and looked at all of the things that you have stacked up and felt overwhelmed? Have you felt less overwhelmed and more comfortable when your workspace is organized? This section will help you learn organizational techniques and methods to help you focus and recognize what things can cause you to be distracted. We have included several trackers to help you get organized and continue to work toward your goals. Use the trackers to keep track of what motivates you, how to maintain consistency, and keep track of your daily schedule.

Before you begin, think of two things that distract you from what you want to accomplish:

1. \_\_\_\_\_
2. \_\_\_\_\_





# LET'S GET ORGANIZED!



Being organized makes everything easier. Being organized helps save time when you are getting ready for school each morning. If you have everything ready to go you will not be wasting time looking for your things!

So, how do you get organized for school and stay organized?

You can start with organizing your assignments and class information by subject. Using folders and binders can be super helpful to avoid stuffing your loose papers in your backpack or locker.

## Here are a few tips to get you started

1. Clean out your backpack regularly. Decide what is important and needs to be kept and what you no longer need.
2. Organize your space. You need a good workspace – someplace quiet enough to focus and store your things. It is best to work at a desk or table where you can spread out your work.
3. Have a place set aside for homework. Doing this will help you organize your thoughts so when it is time to sit down and work on your assignments, you know where everything is and you will be able to focus and have less distractions.

## AVOID DISTRACTIONS

When you multi-task you're less focused. Which means you're less likely to do well on that task. Put your cell phone and tablets away and only check them after your work is done.

For some people, it's easier to concentrate when it's quiet while others say they study best if they listen to background music.

If you study with music on, make sure it isn't going to sidetrack you into singing the lyrics and dancing all over your room. If you find yourself reading the same page over and over, it's a clue that the music is a distraction, not a help.



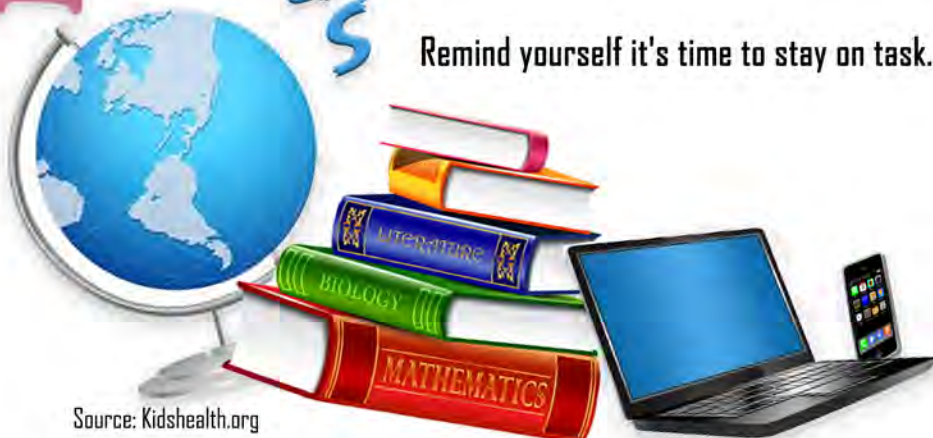
## FOCUS

**Take Breaks:** Taking a short break between assignments can help your mind stay fresh and focused. Get up from your desk, move, stretch, or walk around to clear your head.

Allow your mind to absorb what you've just studied. Break time is when you can put on a song that makes you dance and sing! Just make sure you get back to your studies in a few minutes.

**Refocus Yourself:** If you find yourself getting distracted and thinking about other things, pull your attention back into study mode as soon as possible.

**Remind yourself it's time to stay on task.**



## TOP 5 DISTRACTIONS

- Netflix
- Friends
- Cell Phones
- Pets
- Your Bed

# LET'S GET FOCUSED!

Stay focused as you do the final steps and details of a task. Encourage yourself — you're almost at the finish line! Check your completed work. Put your work into the right folder or binder. Pack up your backpack for tomorrow. Now you've got it DONE.

Here's a quick checklist of things that can help you organize and focus:

## Do

- ✓ Know your deadlines.
- ✓ Make a calendar of assignment due dates.
- ✓ Make a list of assignment requirements and expectations.
- ✓ Find a quiet place to study with all the materials you need.
- ✓ Take small breaks.

## Do NOT

- ✓ Put work off until the last minute.
- ✓ Do your homework late at night or in bed.
- ✓ Let yourself be bored. Find the piece of the project or paper that interests you. If you're bored, something's not right.

If you need more tips on staying focused, ask a teacher, school counselor, or a parent for help.

## MOTIVATION TRACKER

Part of being organized is knowing what motivates you and knowing how to organize your thoughts, goals, and what you want to accomplish. Putting those things on paper can be a useful tool in helping you feel organized and reach your goals. As part of figuring that out, it is also important to reflect on how you're doing. Praise yourself for your accomplishments. Be honest with yourself and don't allow yourself to feel discouraged. Use the worksheet provided to help you organize your days and weeks. Be sure to take time to look back over your goals and notice what keeps you motivated. Remember, consistency is the key.

## CONSISTENCY TRACKER

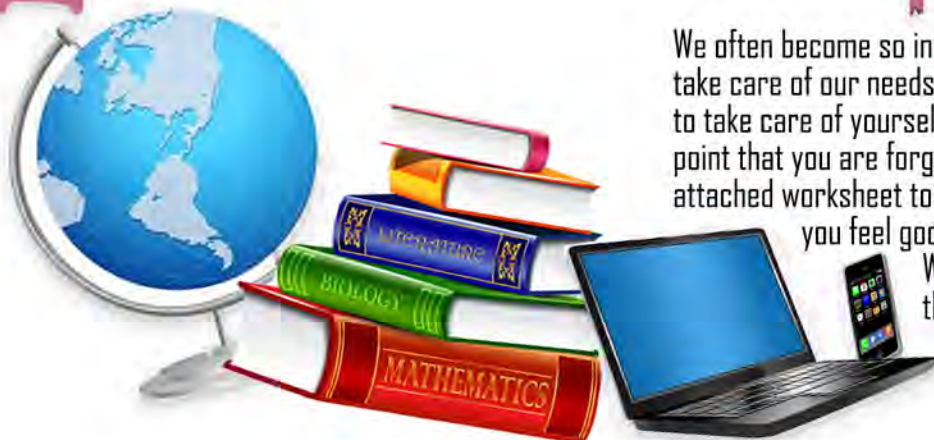
Use the attached worksheet to keep track of your weekly schedule. Remember to write down your assignments and other events that are important. Using the Consistency Tracker will help you maintain organization and develop organizational habits that will follow you through the rest of your life.

## MY WEEK IN ADVANCE

Use the attached "My Week in Advance" worksheet to help you track your weekly schedule. This tool can be used to help you manage your time wisely - another valuable key to getting and staying organized.

## YOUR NEEDS

We often become so involved in our daily lives that we tend to forget to take care of our needs. It is important for your mental health well-being to take care of yourself and not let your school work consume you to the point that you are forgetting your most valuable asset - YOURSELF! Use the attached worksheet to organize what you need. Think of the things that make you feel good and the things that you think will help you succeed. Write them down and use the tracker to help ensure that you are staying on task.



# BACK-TO-SCHOOL

## LET'S TRY IT!



**My Motivation Tracker**

First things first: \_\_\_\_\_

Mornings \_\_\_\_\_

Reflection of my week \_\_\_\_\_

Afternoons \_\_\_\_\_

Evenings \_\_\_\_\_

The My Motivation Tracker to keep a list of the things that you want to do throughout the day.

Use the "Reflection of my week" box at the end of the week to help you determine if you are staying motivated and help you figure out what you may need to do or continue doing to help you stay motivated.

The My Consistency Tracker is a great tool to help you schedule tasks and goals as well as keep track of the outcome of your goals.

Use the weekly tracker at the bottom to manage your plans to reach your goals.

**My Consistency Tracker**

Schedule Task For The Week: \_\_\_\_\_

My Goals \_\_\_\_\_

Outcome of Goals \_\_\_\_\_

Notes \_\_\_\_\_

The key to success is consistency.

Monday	Tuesday	Wednesday	Thursday	Friday

Fill out to see if you are being consistent with completing your tasks.

*"The key to success is consistency"*  
-- Zak Frazer

**My Week in Advance**

The secret to getting better habits starts with better beginnings. It can be hard to start constructive habits. Start with using a daily tracker and then stick with it.

	Monday	Tuesday	Wednesday	Thursday	Friday
7 AM					
8 AM					
9 AM					
10 AM					
11 AM					
12 PM					
1 PM					
2 PM					
3 PM					
4 PM					
5 PM					
6 PM					
7 PM					
8 PM					
Notes:					

Use the "My Week in Advance" to keep track of your daily tasks.

This tool can help you remember and track your tasks each week.

Tip: Save each weekly tracker in a binder so you can look over it each month to help you stay on track and continue to stay motivated.

Sometimes, we just need to be thankful for who we are and remember that there are no two people alike. We often forget that our strengths may not be the same as someone else's strengths and that is perfectly okay. Your imperfections are what makes you perfect.

Use this page to track who you are, learn to know yourself, and to understand what you need from each day. Make a list of what you need to do to take care of yourself.

*"The most important relationship is the one you have with yourself."*  
-- Diane Von Furstenberg

**Myself**

My imperfections are what makes me perfect.

What I Need To Do Today \_\_\_\_\_

What I Need From Today \_\_\_\_\_

Self Care \_\_\_\_\_

# My Motivation Tracker

First things first:

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Mornings:

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Reflection of my week:

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# My Consistency Tracker

Schedule Task For The Week

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My Goals

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Outcome of Goals

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Notes

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*The key to success is consistency*



Monday	Tuesday	Wednesday	Thursday	Friday

Fill out to see if you are being consistent with completing your tasks.

# My Week in Advance

The secret to setting better habits starts with better beginnings. It can be hard to start constructive habits. Start with using a daily tracker and then stick with it.

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2 PM					
3 PM					
4 PM					
5 PM					
6 PM					
7 PM					
8 PM					

Notes:

Myself:

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My imperfections  
are what makes  
me perfect



What I Need To Do Today:

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What I Need From Today:

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Self-Care:

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## Note Taking



Have you ever had to study for a big test and either you couldn't understand all of your notes or you were unsure if you wrote down all of the important information that the teacher talked about? This section will help you learn three note taking methods and learn how to use them to help you study. Try each method to see which one works best for you.



Take Note

# 3 Note Taking Methods



There are several methods used when taking notes in class. Here are 3 of the most common methods used. Try them all to figure out which ones help you. You don't have to limit yourself! You can use all 3 methods if you choose.

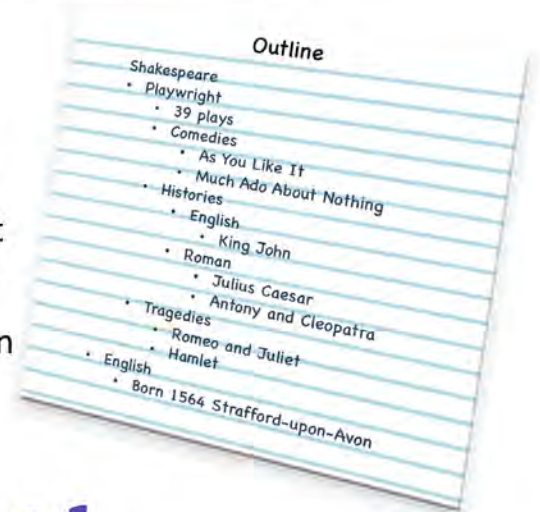
## The Outlining Method

Dash or indented outlining works best for some classes and is one of the more popular methods of notetaking.

The information which is most general begins at the left with each more specific group of facts indented with spaces to the right. It isn't necessary to use numbers or letters unless that helps you feel more organized.

Listen and write down the key points in a pattern based on indentation that works best for you.

Place major points farthest to the left and indent other specific points to the right.



## The Charting Method

HOW?	ADVANTAGES:	DISADVANTAGES:	WHEN TO USE IT?
Set up your paper in columns and label headings	helps pull out relevant information	Can be a boring system to use during a lecture	if you're tired or don't know what to write
Headings could be categories covered in the lecture	Reduces amount of writing	Just a lot of room to write	if content is heavy and presented quickly
insert information (words, phrases, main ideas, etc.) into appropriate category	Provides easy review for memorizing facts and studying comparisons and relationships	need to know the content that will be covered beforehand	if you want to get an overview of the whole lecture on one sheet of paper

For some students, using the Charting Method for note taking is an easier method to actually keep the notes and refer to them and use them as a study guide when you're getting ready for a test. Start by setting up your paper by drawing columns and labeling appropriate headings in a table.

Determine the categories you want to be in your notes.

As you listen to the teacher, write down key phrases and the main ideas of the lesson.

## The Sentence Method

Write every new thought, fact or topic on a separate line, numbering as you go. One advantage to the Sentence Method is that it is slightly more organized than other methods and allows you to tackle all of the information you will need when it's time to study for a test.

### Did You Know?

Note taking forces you to pay attention and helps you focus in class (or while reading a textbook).

### The Sentence Method

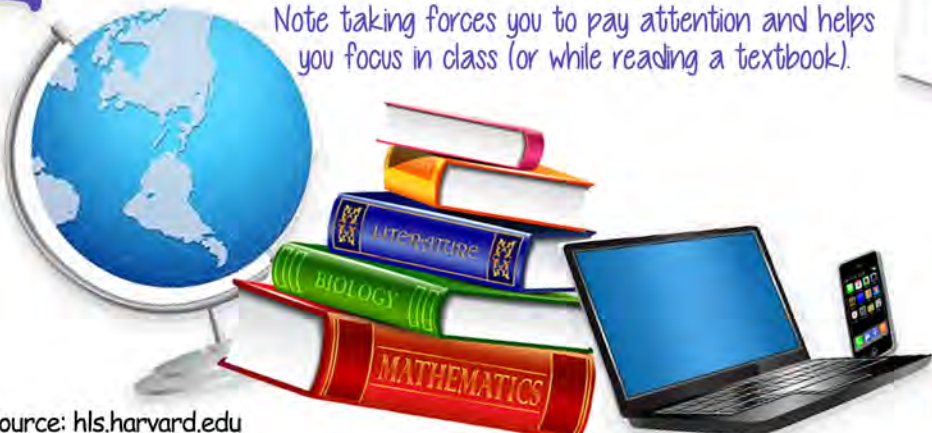
Example Lecture: A revolution is any occurrence that affects other aspects of life, and so forth. Therefore revolutions cause change. (see pages 29-30 in your Textbook about this).

Sample of Notes: Revolution - occurrence that affects Aspects of life...eg... econ, soc, etc... text pp. 29-30

\*Develop your own set of abbreviations and symbols.

TRY EACH METHOD TO LEARN WHICH ONE WORKS BEST FOR YOU

BACK-TO-SCHOOL



Take Note

# Note Taking Tips



Note-taking is a skill that can help you do well on all your schoolwork — everything from taking tests to researching a paper. Here are some tips on how to take good notes.

## Write Down Key Facts

Write down the most important points. It can take time to learn how to listen for main ideas and key facts. Keep trying and don't give up. Some teachers may mention lots of dates and facts, but you only need to write down the facts.



## Ask

Don't be afraid to ask your teacher to repeat something you missed or don't understand. If you don't want to ask in class, talk with your teacher after class or email them.

## Don't Overdo It

You'll be frantic if you try to write down every word that's said in class. Some people learn better by listening, writing down a few key points, and going over the material after class when they have more time.

## Compare

Keep your notes handy when you're doing your reading assignments. Compare what you wrote with what the teacher said. Add to your notes as you read. Go over your notes with a friend. This will help you and your friend remember the material and be ready for testing.

## Copy

If you've scribbled down notes in a hurry, you might not be able to read them when it comes time to prepare for a test. Look over your notes when you get home, and recopy them if you need to. Copying them also helps you learn and remember what you wrote.

## Organize

Keep notes for each subject in one place so you can find everything easily when it comes time for a test. This could mean keeping a notebook or section of a notebook for each subject as you take notes in class.

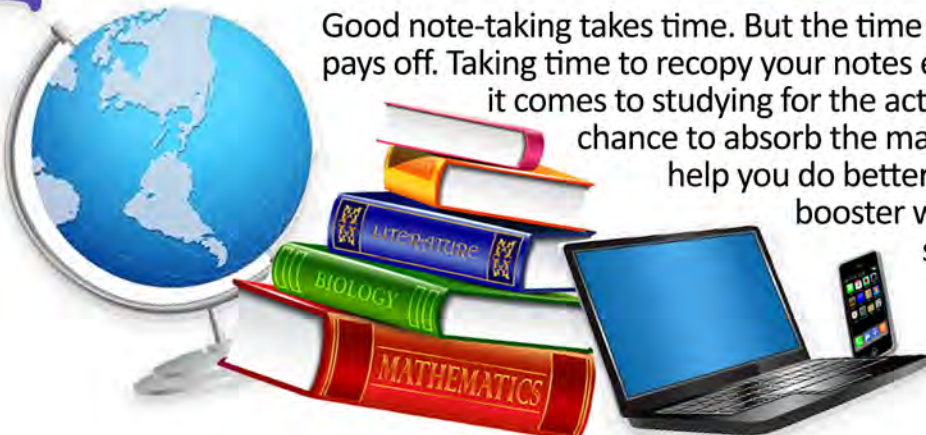
## Did You Know?

Good note-taking will improve your active listening, comprehension of material, and retention.

## Did You Know?

Taking good notes in class will help you remember what you hear and see.

Good note-taking takes time. But the time you spend writing and reviewing notes pays off. Taking time to recopy your notes each evening saves time later when it comes to studying for the actual test. Note-taking gives your mind a chance to absorb the material it needs to learn. Not only can this help you do better on a test, it's also a great confidence booster when you're studying and find yourself saying, "Hey, I remember that!"



BACK-TO-SCHOOL

# Sleep Routines

Do you know how much sleep you require? Do you know why sleep is important and what your body and brain are doing while you are sleeping? This section will help you learn how and why sleep is so important. We have included a sleep log so you can track your sleep. Use the log to understand if you are getting enough sleep and what you can do to help you sleep better. Try it for a couple of weeks. You might be surprised at the results.

Before you begin, do you think that you are getting enough sleep? Why or why not?

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# Sleep Routines



Do you know what happens when you sleep? You get comfortable, pull your favorite blanket close to you, close your eyes and just wake up in the morning, right?

Well, that is true but there is a lot more going on with your body and your mind. You actually experience five different stages of sleep.

You probably don't notice it, but while you're asleep, your brain is still active. As we sleep, our brains pass through five stages of sleep.

All of the stages together, stages 1, 2, 3, 4, and REM (rapid eye movement) sleep make up a sleep cycle. One complete sleep cycle lasts about 90 to 100 minutes.

So during an average night's sleep, a person will experience about four or five cycles of sleep.

Stages 1 and 2 are periods of light sleep from which a person can wake up easily. During these stages, eye movements slow down and eventually stop, heart and breathing rates slow down, and body temperature decreases.

Stages 3 and 4 are deep sleep stages. It's more difficult to awaken someone during these stages, and when awakened, a person will often feel groggy and confused for a few minutes. Stages 3 and 4 are the most refreshing of the sleep stages – it is this type of sleep that we crave when we are very tired.

The final stage of the sleep cycle is known as REM sleep because of the rapid eye movements that occur during this stage. During REM sleep, other physical changes take place – breathing becomes rapid, the heart beats faster, and the limb muscles don't move. This is the stage of sleep when a person has the most vivid dreams.



## Why is sleep important?

You need sleep to:

- pay attention and learn in school
- improve athletic performance
- grow and develop normally
- be healthy

## Lost sleep can lead to:

- poor grades
- health problems
- trouble fighting infections
- emotional problems, like depression

## Am I getting enough sleep?

Even if you think you're getting enough sleep, you might not be. You may need more sleep if you:

- have a hard time waking up in the morning
- have trouble concentrating
- are falling asleep during classes
- feel irritable, moody, sad, or depressed

## How much sleep do I need?

- Children 6 to 12 years - 9 to 12 hours of sleep every 24 hours.
- Teens 13 to 18 years - 8 to 10 hours of sleep every 24 hours.

**Try using the Sleep Log on the next page to track how much sleep you get each night**

# Sleep Routines



BACK-TO-SCHOOL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Today, I exercised for ____ minutes							
Today, I:							
Had a drink with caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did not eat enough or did not eat healthy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ate too much food or too much junk food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Today, I:							
Felt sleepy in the afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Was tired all day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had lots of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yesterday, I took a nap:							
True	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
False	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Last night, I went to bed at:							
Last night, I fell asleep at:							
I woke up this morning at:							
Last night, I slept this many hours:							

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Today, I exercised for ____ minutes							
Today, I:							
Had a drink with caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did not eat enough or did not eat healthy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ate too much food or too much junk food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Today, I:							
Felt sleepy in the afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Was tired all day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had lots of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yesterday, I took a nap:							
True	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
False	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Last night, I went to bed at:							
Last night, I fell asleep at:							
I woke up this morning at:							
Last night, I slept this many hours:							

We added an extra Sleep Log you can use for yourself or share with a family member or friend.

# WHAT IS MINDFULNESS?

Do you know the definition of mindfulness? When you are working on a task, how many other things are you thinking about? Sometimes, we try to work on things but our minds are too full of other things that might be going on that we are not paying full attention to the task at hand. Being mindful is a skill that takes time and practice to develop. This section is designed to help you learn how to be mindful and how to use mindfulness to help you stay on task. Try the activity and test your knowledge of mindfulness. Afterwards, try using what you have learned. Did it help you? Did the activity help you learn to be present and enjoy the moment?

Before you begin, write down what you think mindfulness means.

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# WHAT IS MINDFULNESS?

Mindfulness means paying full attention to something. It means taking your time to really notice what you're doing.

Mindfulness happens naturally sometimes. Let's say you're getting ready to take a foul shot in basketball. You carefully position your feet at the line. You look up at the hoop and feel the ball in your hands. Taking your time, you bounce the ball a couple of times. You tune out all the other sounds and take your shot. Swoosh — yes! That's mindfulness in action.

## WHY DO PEOPLE NEED MINDFULNESS?

Mindfulness helps to:

Be more patient	Pay better attention	Avoid getting upset too easily	Gain self-control
Slow down	Get along better	Feel happier	Stay calm under stress
Learn more	Enjoy things more	Be less distracted	Get tasks finished
		Listen better	

## HOW DOES MINDFULNESS WORK?

Training the mind takes practice. The more you practice mindfulness skills, the better you get at being mindful.

If you practice mindfulness skills, being mindful begins to come naturally when you need it in your everyday life. This can help you feel calmer when you are stressed or more focused when you have to do something difficult or complicated.

When you practice mindfulness skills, you are training your attention span. Practicing mindfulness can improve attention for just about everybody — including anyone who may have trouble paying attention.

## HOW DO I GET STARTED?

Mindfulness skills are easy to practice and just take a few minutes a day. Here are the basic steps:

- 1 Sit in a relaxed, comfortable position. Pick something to focus your attention on, like a word you repeat in your head or your breathing.

- 2 Let's say you decide to focus on your breathing. Breathe normally while you simply pay attention to your breath. If you want, you can close your eyes. As you breathe in and out, just notice each breath. Pay attention in an easy way — on purpose, but not forced.

- 3 Notice when your mind wanders away from paying attention to your breath. Maybe you start thinking about what's for lunch, or whether you remembered to bring your soccer gear, or that funny joke someone told after math class. That is your mind wandering and getting distracted. It's natural, minds do that all the time!

- 4 Whenever you notice your attention has wandered, gently guide your attention back to your breathing again. That's how you train your attention.

- 5 Keep breathing, keep relaxing, keep paying easy attention to your breathing. Keep bringing your attention back to the breathing every time your mind wanders. Try to do this for 5 minutes.

### Learn to be present and enjoy the moment



# TRY THESE MINDFULNESS ACTIVITIES



## MINDFUL EATING

You can do this with an orange, an apple, or even something as small as a raisin.

Let's say you decide to do mindful eating with an orange. Your job is to eat the orange slowly, without rushing. Mindful eating means really paying attention to what you're eating. You can do this mindful eating exercise with your eyes open or closed. Fill in your observations on the lines provided.

Start by holding your orange. Roll it in your hand. Notice how it feels. \_\_\_\_\_

Hold the orange near your nose. Take a whiff of the bittersweet smell of the orange peel. What does it smell like? \_\_\_\_\_

If you have your eyes open, notice how the orange looks. Pay attention to whether the skin is smooth or bumpy. If you hold it firmly, is it squishy? \_\_\_\_\_

Slowly peel your orange, paying attention to how it feels in your fingers. Notice the juiciness, and whether the inside of the orange smells different from the outside. \_\_\_\_\_

Is your mouth watering? Go ahead and taste your orange. Notice how it feels on your tongue and against your teeth. Notice the flavor, the texture, and the juiciness as you chew each piece slowly. Take your time as you chew, taste, smell, and feel each bite of your orange. \_\_\_\_\_

## MINDFUL WORD

Think of a word that seems calm or soothing. This could be a word like "peace" or "love" or "peaceful" or "snowflake" or "sunlight" or "hum" or "calm."

Think of a word to yourself. Say it silently and slowly in your mind. Say your word to yourself with each breath you take, in and out. Keep your attention gently focused on your word. \_\_\_\_\_

When your mind wanders, guide your attention back to your word, and keep saying it gently and slowly while you relax and breathe. \_\_\_\_\_

Can you do this for a whole minute? \_\_\_\_\_

Can you do it for 5 minutes? \_\_\_\_\_

## Did You Know?

When you practice mindfulness, you will notice that you feel calm and relaxed. If you keep practicing, you might start to notice that it's easier to focus your attention on things like schoolwork or listening. You may begin to feel calmer and more patient in your everyday life. You may find that when little things go wrong, you can handle them better.



# Self-Awareness

Why is self-awareness important? When we have a better understanding of ourselves, we can build on our strengths and work on the areas that we want to strengthen. Having self-awareness also gives us the ability to understand that everyone is different and that is okay. In this section you can outline your personal strengths and gain a better understanding of areas you want to improve on.

Before you begin, write down the areas you feel are your strong points. After you complete the activity, compare your answers.

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# Self-Awareness

BACK-TO-SCHOOL

Self-awareness means understanding your strengths and challenges and knowing what helps you thrive.

Use this self-awareness worksheet to help you start to gain this important skill.

The worksheet can help boost resilience by learning from setbacks. It can also help you think about how to develop new strategies and tools for solving problems.

What are 3 of your greatest strengths?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What 2 things seem harder for you that other kids your age?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are 2 of your favorite things to do?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are 2 of your least favorite things to do?

1. \_\_\_\_\_
2. \_\_\_\_\_

List 3 of your recent successes (big or small):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why were you successful?

What could you have done differently?

List 2 things you did recently that you could have done better:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who do you turn to for help with things that are hard for you?

\_\_\_\_\_

Do you think bouncing back from challenging situations makes you a stronger person? Yes \_\_\_ No \_\_\_

How can I describe my unique way of learning? Are there any adults who can help me think this through?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How do your differences make you stronger?

Are you open to talking with friends about what you're strong at and what you struggle with? Yes \_\_\_ No \_\_\_

Are you open to asking teachers for help with things that are hard for you? Yes \_\_\_ No \_\_\_



# GOT STRESS?

We can't avoid the stress of everyday life. But, we can learn to manage it. In this section we introduce you to 5 ways to help you learn to manage and understand stress. Be sure to complete the "Un-do" List. You might be surprised at how well you can learn to manage the things that cause you stress.



Before you begin,  
make a list of the  
things that make  
you feel stressed

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# GOT STRESS?



## 5 Ways to Prevent Stress Buildup

There's no avoiding the stress of everyday life. Schoolwork, responsibilities at home, busy schedules, other people's expectations, disappointments, deadlines, social drama; all of these can create tension.

Everyday stressors have a way of piling up if we don't keep them in check. Adding these 5 simple actions to your regular routine can help you avoid that "bogged down by stress" feeling. The key word is "routine." You need to make sure you keep doing these actions to enjoy the benefits:

1. Balance responsibilities (like schoolwork) with activities you enjoy (like relaxing or spending time with friends). It's all about balance: all work and no play can be stressful. But if your schedule is so crammed with activities that there's no time for homework, that will stress you out too.
2. Manage responsibilities. Use a calendar or planning app to keep track of assignments, tests, chores, practices, and other obligations. Of course, planning is no good if you do not actually do what you plan. Managing stress also means regular studying, keeping on top of assignments, and overcoming procrastination. Take time to reflect every day and think about how things are going. What do you need to work on? What do you need to make time for?
3. Eat healthy foods. What you eat affects your mood, energy, and stress level. Eating healthy doesn't mean avoiding all treats — it goes back to that balance thing again. It's OK to treat yourself to ice cream occasionally if you ate a salad or turkey on whole wheat for lunch. But if ice cream and sweets are your main source of fuel, you're likely to crash or feel cranky — and stressed!
4. Get the proper amount of sleep. This may seem like a no-brainer. After all, who does not love to sleep? Getting the right amount of sleep is something we need to focus on because it's easy to let homework, talking to friends, or binge watching a television series get in the way of sleep regardless how much we want to catch those ZZZs.
5. Make time to exercise every day. It's hard to feel anxious when you're taking deep breaths on a run, feeling the rush of a bike ride or playing a pickup game with friends. Exercise doesn't just take our mind off of stress; it releases chemicals in our brains that make us feel better.

Learning to manage stress means building coping skills that allow you to take everyday challenges in stride. It's about keeping problems in perspective instead of ignoring them, and learning what to work on and what to let go of.

## Did you know?

Getting enough sleep helps keep your body and mind in shape which makes you better equipped to deal with negative stressors. Teens prefer staying up a little later at night and sleeping a little later in the morning. But, if you stay up late and still need to get up early for school, you may not get all the hours of sleep you need.

# MY UN-DO STRESS LIST



Write down the things that you want to stop doing to help you manage the stressors in your life.

## Things I want to stop doing:

Four horizontal lines for writing.

Four horizontal lines for writing.

Four horizontal lines for writing.

Four horizontal lines for writing.

# Are you safe online?

How safe are you when you're online? Are you familiar with some of the terms that you may read online? How can you protect yourself? In this section, we have provided you with some of the more popular online terms and their definition. Do you know how much personal information you should or should not share when you are online? We have included some important information about that, too. Take the quiz to test your knowledge.



Before you begin, take a moment to think about things you have posted on social media sites. How much personal information do you share?

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# Are you safe online?

The Internet is packed with fun information. You can learn about llamas, read up on your favorite football or baseball star, or study a stegosaurus. The Internet is a tool we use on a daily basis and you will use a lot for school. But do you know the dangers of the Internet and how to stay safe? If you use a smartphone, tablet, or computer to play games and text with friends, you also have an online identity. Games and websites might let you create a profile picture that represents you. It's fun to dress up that character and maybe give it a sense of style you'd never try at school. Apps and websites also let you choose your own username. If you want to be known as King\_of\_Ketchup, that's your new name. So if you start calling yourself the King of Ketchup, does that mean you really like ketchup? Should you tell your new online friends how much you love ketchup?

That's up to you, but it brings up a good point: How much should you share about your real self online?

You may feel fine telling your best friends about your biggest crush, but what if the whole school could see your poem about your crush's beautiful eyes? What if strangers could see it?

There are rules about being online, just like there are rules about what you do and say in other places. It's important you learn the rules so you can play safely online.

## Safety Rules to Follow



If you're a kid who likes to have fun and chat with friends online, here's how you can stay safe and avoid problems.

Your parents and teachers can guide you to the best sites for you. Some sites have age restrictions, so you might be tempted to lie about your age. It's safer to tell the truth and avoid those sites until you're older.

### Guard your passwords

If someone can sign in as you, you have no control over what they do or say. And everyone will think it's you! So don't share your passwords with anyone except your parents.

### Limit what you share

Never tell a stranger where you live or your phone number. If you're not sure if you should share something, ask a parent. Remember that anything you put online or post on a site is there forever, even if you try to delete it.

### Don't be mean or embarrass other people online

Just like you, there's a real person attached to that screen name who has feelings too. Always tell if you see strange or bad online behavior. Tell an adult right away if someone says something to you that makes you uncomfortable. Also tell an adult if you see anyone bullying or saying strange stuff to other kids.

Be choosy about your online friends. Some sites let kids make lots of friends with people they don't know. Online friends are not the same as real in-person friends. Never agree to meet an online friend in person or give out personal information about yourself. It's dangerous because some people pretend to be kids online.

Source: kidshealth.org

## Stretch Your Knowledge: Security and Passwords

- Use strong and unique passwords
- Don't automatically click on links in emails. They can be fake and lead you to malicious sites. Type in the web address yourself.
- Make sure your phone is locked. Secure your smartphone with a PIN (minimum 4 digit number), password, fingerprint or other method.
- Don't respond to anyone who tells you your computer is infected with a virus even if they claim they're with Microsoft, Apple or your internet provider. Advise your parents if you are receiving these types of emails.

Source: connectsafely.org

# Are you safe online?



Are you familiar with any of these online terms?

**Privacy**  
Protection from being observed or tracked by others

**Cookies**  
Small text files stored on a computer that keeps track of what you do on a website

**Cyber Stalking**  
The use of the Internet, e-mail, and other electronic communication technologies to stalk another person.

**Spam**  
Sending massive amounts of electronic junk mail that people haven't asked for

**Cyber Bullying**  
This is when the internet and the mobile phone is used to deliberately upset someone.

**Phishing**  
A form of Internet fraud where criminals aim to steal valuable information such as credit cards, social security numbers, user IDs and passwords for bank accounts.

**MMS**  
**Multimedia Messaging Service**  
Allows pictures taken by the camera in the phone to be included in a message. It can include video and even sound files

**SMS**  
**Short message service**  
Every mobile phone operator provides this facility where you can send text messages of up to 160 characters from your mobile phone

## Test your knowledge

Try answering these questions - the answers are in the back of the packet

1. Information you post about yourself or via text messaging is your \_\_\_\_\_.
2. When you post a photo online, it stays there:
  - a) 6 months
  - b) 1 year
  - c) until you take it down
  - d) possibly forever - other people could have copied it
3. List 3 ways to protect your computer from viruses:  
\_\_\_\_\_  
\_\_\_\_\_
4. When you're on social networking sites, using the site's default privacy settings is ok and you don't need to make them more private. True \_\_\_\_\_ False \_\_\_\_\_
5. Name 5 things about yourself that you should not share online:  
\_\_\_\_\_  
\_\_\_\_\_
6. Identify and describe the type of repetitive stress injury you can get from typing or playing video games.  
\_\_\_\_\_  
\_\_\_\_\_
7. If you're being cyberbullied and ignoring it doesn't make it stop, it might be a good idea to
  - a) continue ignoring it
  - b) throw your smartphone, tablet and computer
  - c) get help from a parent, school counselor, or other trusted adult
8. It is ok to share your passwords with your best friend? True \_\_\_\_\_ False \_\_\_\_\_



# Too much screen time?

Have you ever really thought about how much time you stare at a screen? That includes a television, a tablet, a cell phone, or computer. How many hours a day are you spending playing video games? In this section, you will have the opportunity to take a look at your screen time and think about some things that you can do to help decrease the amount of time you spend on your phone, tablet, television, or computer.

Before you begin, write down how many minutes or hours you think you spend staring at a screen.

Don't count the time you are working on homework. After you have completed the logs, compare your finding. How close was your guess?



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# Too much screen time?

When we spend too much time looking at a TV, computer, tablet, phone, or video game screen, we have less time for other important things, like exercise, learning, socializing, and even sleep. How much screen time do you have every day?

1. In your opinion, can you live without your screen time (phones, tablets, computer, TV, video games)?  
Is it possible to cut back on your screen time? \_\_\_\_\_
2. What do you think is too much screen time? \_\_\_\_\_
3. Do you have a hard time putting your gadgets and screens away at night? \_\_\_\_\_
4. Do you think your gadgets interfere with your sleep-time? \_\_\_\_\_
5. How do family members' screen-time habits rub off on each other? \_\_\_\_\_
6. Would you be more likely to turn off your TV, computer, and phone if the rest of your family did the same?  
\_\_\_\_\_  
\_\_\_\_\_

## Screen time alternatives

These are a few ideas for activities you can do rather than play video games, play on a computer or a cell phone, or watch television. Can you think of a few more?



Play a board game

Read a book



Play outside

Paint rocks

Write a song



Teach your pet a new trick

Design thank you cards



Research your family tree

Cook dinner with your parents

Do something crafty

Bake cookies

Work on a puzzle

Do some chores

Write a poem



Write a short story

Fold laundry

Work on a puzzle

Do a crossword puzzle



Start an exercise routine

Make a chore chart

### Did You Know?

- Kids spend twice as long playing on screens as they do playing outside.
- 3-in-4 kids spend less than 60 minutes playing outside each day.
- 1-in-5 kids don't play outside at all on a typical day.

# BACK-TO-SCHOOL

# Screen Time Log



Fill out the number of hours in 15-minute increments that you spend with each device. Add the total hours to calculate your weekly screen time. (Do not count hours you use the devices for homework.)

Week 1	Computer	Mobile Devices	TV	Video Games	Total Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 2	Computer	Mobile Devices	TV	Video Games	Total Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What are some screen-free alternatives that you can do to help you cut back on your screen time?

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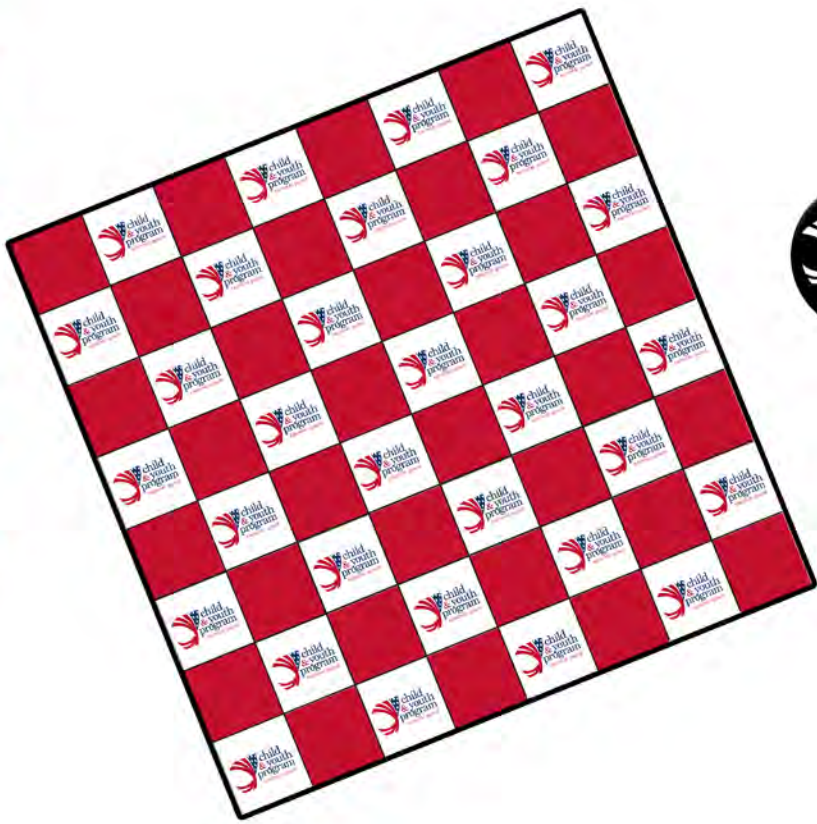


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# BACK-TO-SCHOOL

## Let's take a break!

We can't be all work and no play! Ready to take a break and do some relaxing? In this section, we have created a special checkers game for you, and we included a couple of easy recipes you can make ahead of time and when you need a snack. Can you imagine how much fun this can be?



# Checkers!

To win a game of checkers, you have to move your pieces toward your opponent's side of the board.

You can move faster by jumping your opponent's pieces and removing them from the board.

The concept of checkers is simple, but you can use strategies to improve your chances of winning.

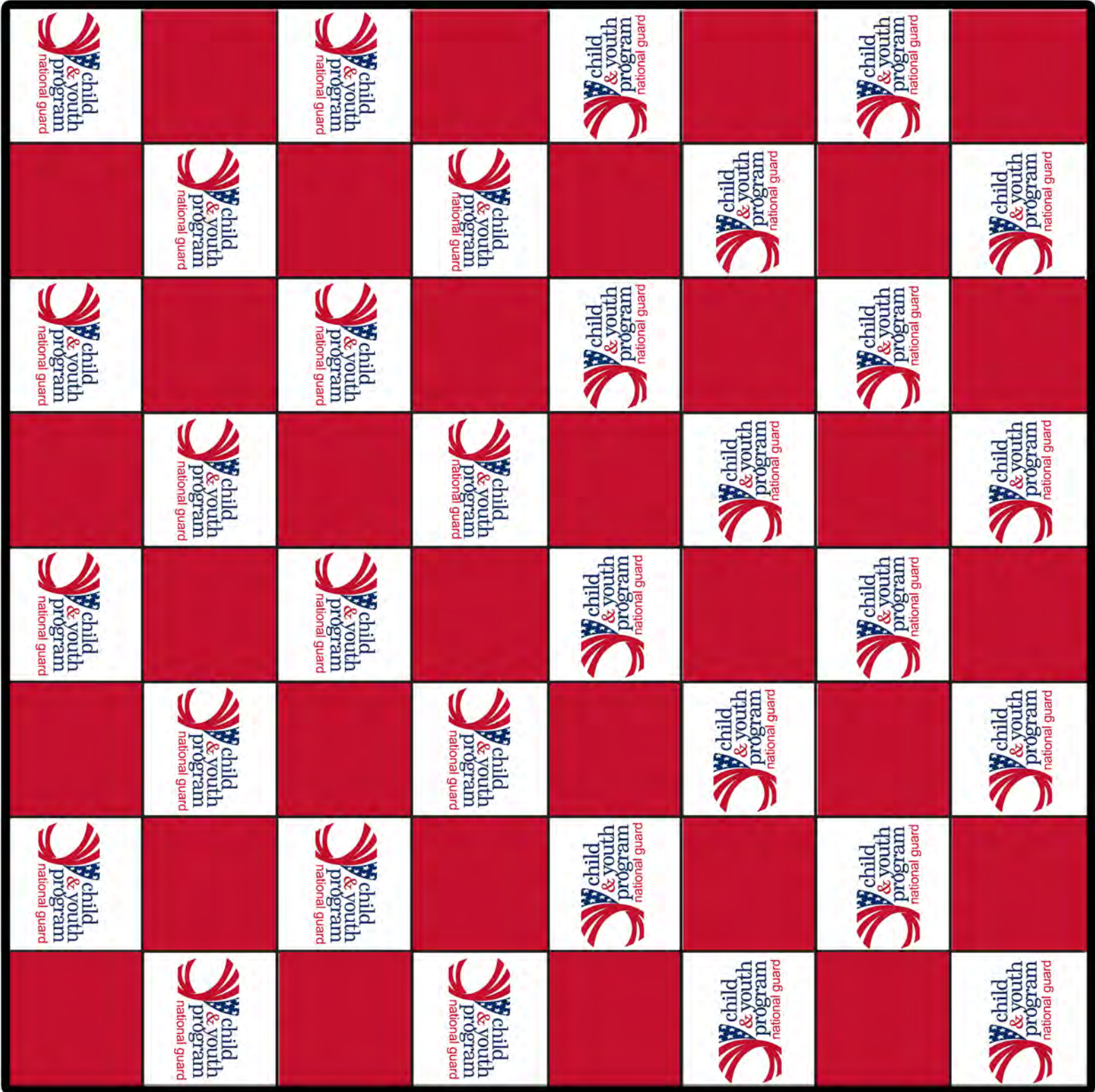
## Set up the board

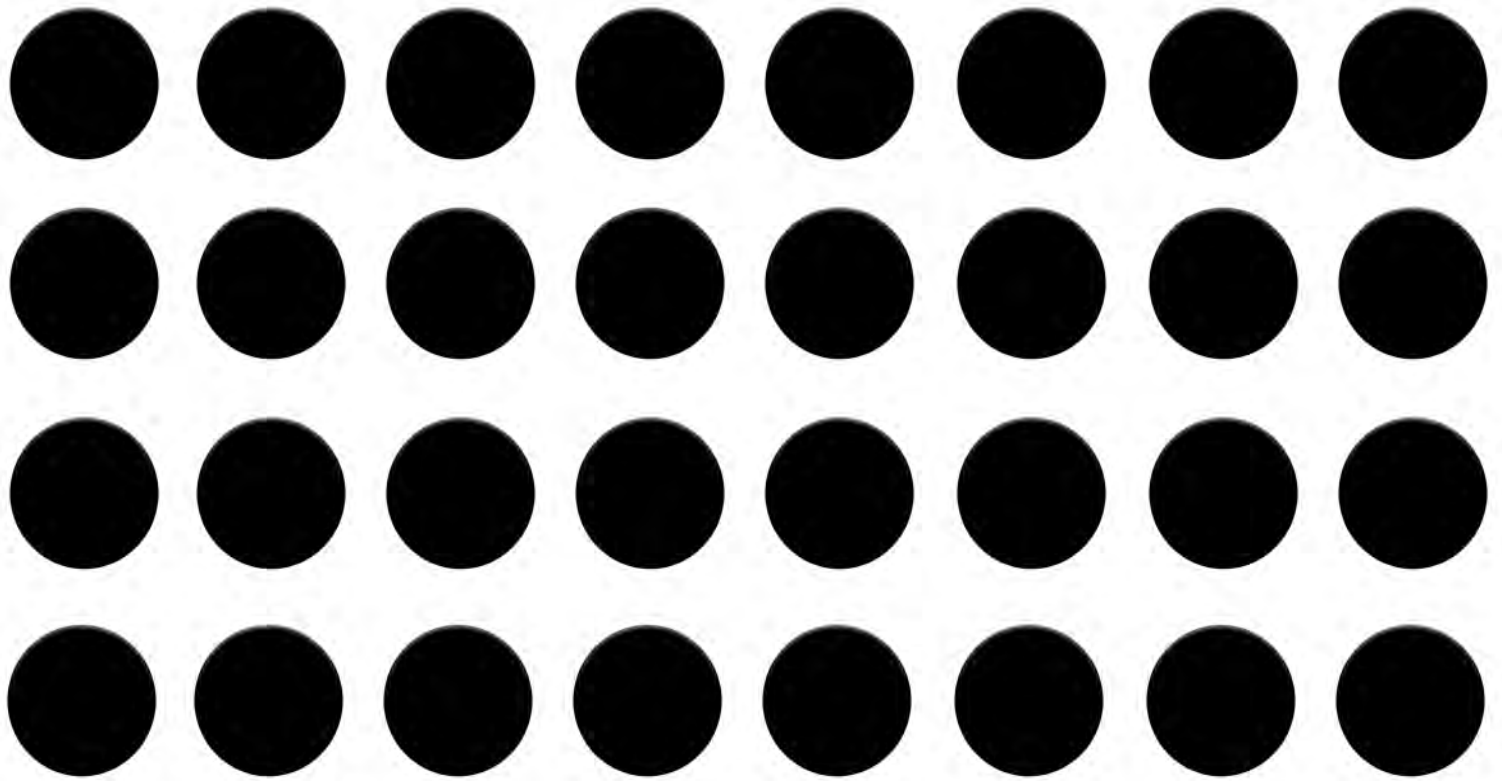
- Here's how to play checkers. Opposing players sit at opposite ends of the table and each has either red pieces or black pieces. The pieces only occupy the red squares.
- Each player has 20 game pieces.

## Rules

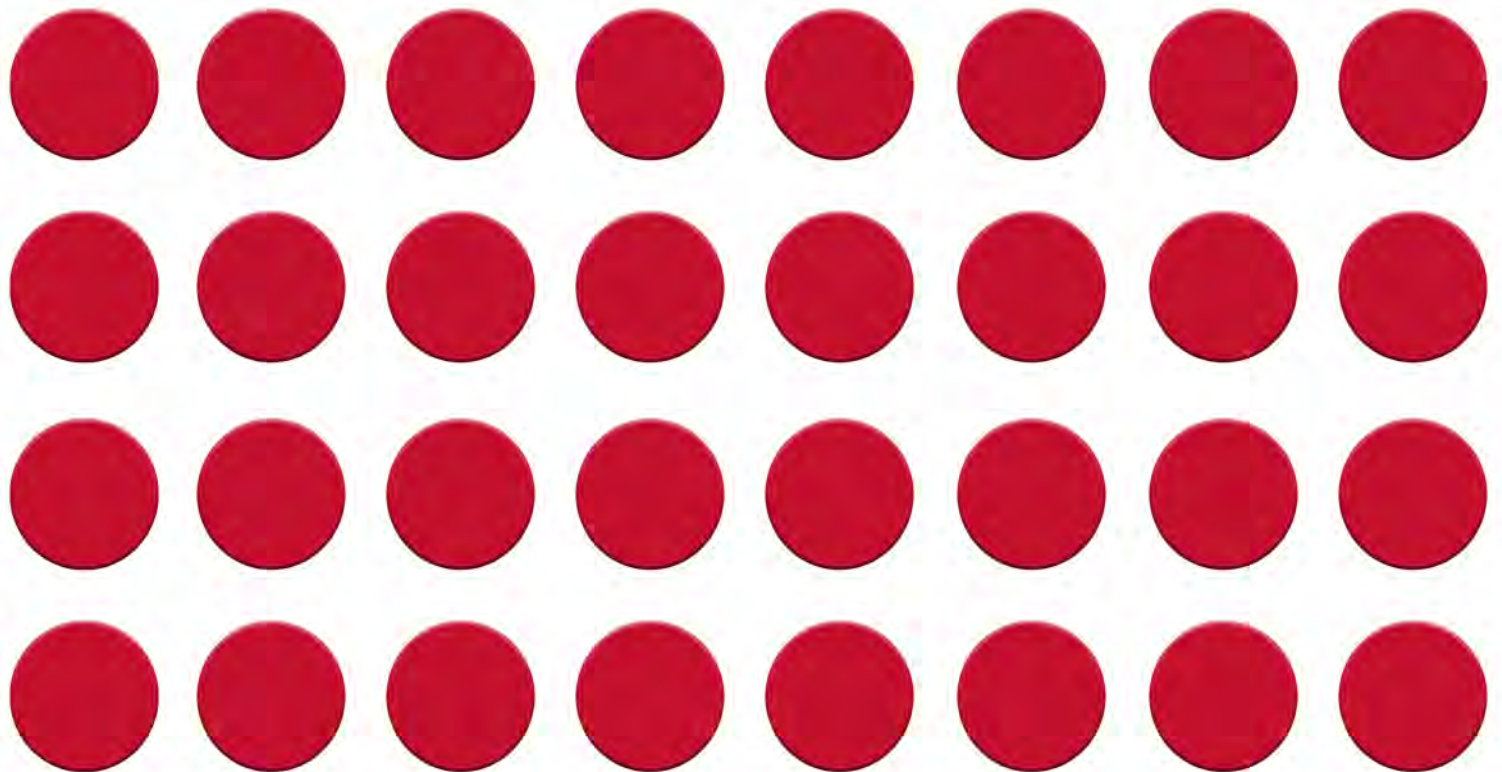
- Two players alternate turns and can only move their own pieces.
- The red squares are the only ones that may be occupied on the board. The white squares are not used.
- Each turn involves moving one piece, which can consist of a piece moving diagonally to a connecting square that is unoccupied, or jumping forward over an occupied red square.
- If a player jumps over their opponent's piece, they can capture the opponent's piece and it is then removed from the game.
- Each piece is initially referred to as a man, but if it reaches the furthest side of the board it becomes a king. When this happens, the player stacks an additional piece on top of the original to signify the change.
- Men may only move forward, but kings can move diagonally forward as well as backward.
- Multiple pieces may be jumped by both men and kings as long as they are moving into red squares that are not unoccupied.

# Checkers!





Cut the pieces out for your checkerboard!



# Easy After-School Snacks



No-bake

## Peanut Butter Cheerio Squares

### Ingredients:

- 1/4 cup butter
- 1/2 cup peanut butter
- 3 1/2 cups mini marshmallows
- 4 cups cheerios

### Directions:

- Prepare an 8x8 pan by greasing it lightly with butter and set aside.
- In a bowl, measure out 4 cups of cheerios and set aside.
- In a saucepan over low/medium heat, melt the butter, peanut butter and mini marshmallows together. Stir continuously.
- Only want to melt the mixture - don't cook or boil it.
- Once everything has melted, pour the peanut butter mixture over the cheerios and mix well.
- Press the mixture into a greased 8 x 8 inch pan.
- Let cool at least 30 minutes before cutting.

Prep Time: 35 minutes  
Total Time: 35 minutes  
Yield: 15 to 20 squares

Source: [www.aprettylifeinthesuburbs.com](http://www.aprettylifeinthesuburbs.com)

## Pizza Toast

### Ingredients:

- 6 slices of bread
- 1 cup of pizza sauce
- 2 cups of shredded mozzarella
- 1/2 cup of mini pepperonis
- 1 tablespoon of parsley

### Directions:

- 🍕 Preheat oven to 350° and line a medium baking sheet with parchment paper.
- 🍕 Place bread on prepared baking sheet and spread with pizza sauce. Top with mozzarella and mini pepperonis and place in the oven.
- 🍕 Bake until cheese is melted and pepperoni is slightly crisped.
- 🍕 Garnish with parmesan and parsley and serve.



Source: [www.thebakermama.com](http://www.thebakermama.com)

**\*\* Parental supervision encouraged for younger children \*\***

BACK-TO-SCHOOL



# Family Time

At the end of a long day of studies, what is better than to spend quality time with your family. Whether it's a good game of checkers or just spending time talking about your day, quality family time is important to build strong bonds and healthy relationships.

On the next page, we have created a Family Time Reflection cube that you can use at the end of the day.

Carefully cut around the dotted lines and use glue or tape to assemble the cube.

At the end of the day, spend 30 minutes tossing the cube back and forth between your family members.

When you catch the cube, read the question on the side you catch.

You can use the cube with to talk about your day and learn about how your family member's day.

Have fun with it!



glue or tape



What made you laugh today?

glue or tape



What can you do to make tomorrow better than today?

glue or tape

What did you learn today?



glue or tape



How were you kind today?



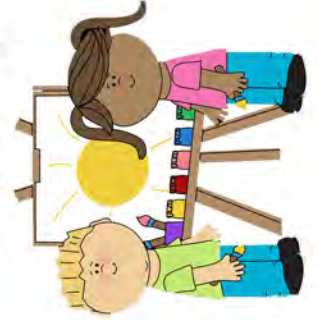
glue or tape

What was your favorite part of the day?



glue or tape

What did you work hard on today?



glue or tape

# Thank You!

We hope you enjoyed this packet.

We are excited to hear your feedback so we can continue to provide you with programming that is helpful and full of learning tools.

Please feel free to contact us with comments, questions, and ideas.

## Are you safe online answers

- Information you post about yourself or via text messaging is your Digital footprint.
- When you post a photo online, it stays there:
  - 6 months
  - 1 year
  - until you take it down
  - possibly forever - other people could have copied it
- List 3 ways to protect your computer from viruses:  
Install anti-virus software; delete emails with suspicious subject lines, delete emails with attachments from people you don't know
- When you're on social networking sites, using the site's default privacy settings is ok and you don't need to make them more private. True \_\_\_\_\_ False X
- Name 5 things about yourself that you should not share online:  
Any five of the following: full name, address, phone number, school name, age, birthday, location, email address, Social Security number
- Identify and describe the type of repetitive stress injury you can get from typing or playing video games.  
Carpal tunnel syndrome, in which swelling occurs inside a narrow "tunnel" formed by bone and ligament in the wrist. This can cause pain, tingling, numbness, and weakness in the hand and wrist.
- If you're being cyberbullied, and ignoring it doesn't make it stop, it might be a good idea to
  - continue ignoring it
  - throw your smartphone, tablet and computer
  - get help from a parent, school counselor, or other trusted adult
- It is ok to share your passwords with your best friend? True \_\_\_\_\_ False X

# Monthly - Reflection



Use this planning sheet to reflect on your activities and accomplishments for the month.

*Small Achievements*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Big Achievements*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*One thing I could have done better is*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*I am proud that*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*I am proud that*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*How I feel about my accomplishments*


# 2020-21 Academic Calendar



The only person you  
are destined to  
become is the person  
you decide to be

-- Ralph Waldo Emerson

BACK-TO-SCHOOL

## September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## January

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

## March

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## April

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## May

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## June

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Check it off

\_\_\_ **Section One -- Setting Goals**

\_\_\_ **Section Two -- Daily Routine**

\_\_\_ **Section Three -- Sleep Routines**

\_\_\_ **Section Four -- Mindfulness**

\_\_\_ **Section Five -- Self Awareness**

\_\_\_ **Section Six -- Screentime**

\_\_\_ **Section Seven -- Breaktime**

\_\_\_ **Section Eight -- Monthly Reflection**

\_\_\_ **Section Nine -- Check It Off**