








POSITIVE BEHAVIOR INTERVENTIONS & SUPPORTS/RESTORATIVE PRACTICES

WE ARE SAFE, RESPECTFUL, RESPONSIBLE, RESILIENT, & RESTORATIVE

Weekly Virtual Community Building Activities

This is a fun opportunity to virtually check-in with students and staff. The daily activities are not mandatory. Choose one or try them all, it's up to you!

<h3>Mindful Monday</h3> 	<h3>Grati Tuesday</h3> 	<h3>Wellness Wednesday</h3> 	<h3>Thoughtful Thursday</h3> 	<h3>Fun Friday</h3> 
<p>How to feel less out-of-control when facing the unknown. Three questions to help you stay grounded:</p> <ol style="list-style-type: none"> 1.What am I feeling? 2.What options do I have? 3.What really matters? <p>While we cannot control the pandemic and all that it brings, we CAN control who we are and what we stand for. We can control how we support and listen to the people around us.</p> <p>THE POWER OF NAMING FEELINGS Research on anxiety reveals a crucial lesson on uncertainty: Name it to tame it. When we push away or ignore feelings, we don't solve our problems. So, as you're grappling with one of the world's biggest challenges, if you're feeling big emotions (or those around you are), just recognize it. Your feelings are messages and they are trying to help you cope. Keep asking, "What else am I feeling?"</p> <p>Here are 2 quick videos on breathing exercises to help you manage your feelings:</p> <p>3-minute breathing video 1-minute breathing video</p> <p>Additional Resource: How to Cope with Uncertainty How are you feeling in the midst of Coronavirus-driven change?</p>	<p>What is gratitude and why is it important?</p> <p>Gratitude is a feeling of appreciation. When you recognize that something is valuable to you, the monetary worth has nothing to do with its value. It's looking for the good in our lives.</p> <p>Even when times are tough, there is always something or someone to be grateful for. Here are some prompts to help you get started:</p> <p>I'm grateful for three things:</p> <ul style="list-style-type: none"> • I hear • I see • I smell • I touch/feel • I taste <p>I'm grateful for these three things:</p> <ul style="list-style-type: none"> • animals/birds • friends • teachers • family members • things in my home <p>TAKE IT UP A NOTCH Leave a note or text a person and tell them what you are grateful for!</p> <p>Remind your students and staff that they are missed, to take care of themselves and their love ones, remain safe and healthy by staying home!</p>	<p>There are 8 dimensions of wellness.</p> <ol style="list-style-type: none"> 1. Emotional 2. Spiritual 3. Intellectual 4. Physical 5. Environmental 6. Financial 7. Occupational 8. Social <p>One idea about the 8 dimensions of wellness is if you can change your habits, you can change the quality of your life.</p> <p>Today we will focus on spiritual wellness.</p> <p>Spiritual wellness is related to the values and beliefs that help you find meaning and purpose. Signs of strong spiritual health include having clear values, a sense of self-confidence, and a feeling of inner peace.</p> <p>To improve spiritual wellness, some people volunteer, some pray, some meditate, others find comfort spending time in nature. It may be helpful to find a quiet space where you can be alone and think. It is about allowing experiences that offer you hope, purpose, and meaning. Think about what makes you feel purposeful? Is it prayer? Is it helping others? Caring for animals? Being kind?</p> <p>Reflection: What do you do that helps you find meaning? Does that build up hope and make you think?</p> <p>Additional Resource: https://bit.ly/3byRqIz</p>	<p>Knowing so many people are hurting and having to stay away from friends and family, the world needs more kindness. Try one of the ideas below.</p> <ol style="list-style-type: none"> 1. Connection Challenge – For the next week, try connecting with someone everyday virtually through texting, email, or social media (same person or seven different people) . Check-in and ask them how they are feeling and share how you are feeling. Challenge them to do the same! 2. Join the Viral Happy Heart Hunt Challenge – Cut out any size hearts using any materials and decorate it with a positive message. Display it on a window in home. Encourage your neighbors to do the same. Tour the neighborhood to see how many you can find (maintaining a safe distance). Happy Heart Hunt Directions Happy Heart Hunt Article 3. Happy House Hunt – Have your family choose a "joy" word (happy, peace, love, etc.). Everyone chooses an object that represents the word (a peace sign, a pillow emoji, etc.). Everyone hides their object and when someone finds it, they shout, "I found our joy." The person who found the object must do a chore for someone in the house. Hide the object again and start a new hunt. 4. Start a Someday Soon Jar – You and your family keep an idea bucket list jar of things you will do once social distancing is over. Turn frustration into anticipation! 5. For more ideas visit: https://kidsforpeaceglobal.org/COVID-19/ 	<p>Try a monthly Bingo or Scavenger Hunt! Try the April Bingo Challenge: April Scavenger Hunt.</p> <p>INDOOR SCAVENGER HUNT</p> <ul style="list-style-type: none"> • Find a Fork. • Find something that is red. • Find a tissue box. • Find 3 things that have wheels. • Find an orange crayon. • Find something that is very soft. • Find a band-aid. • Find a key. • Find 2 socks that match. • Find something round. • Find a sticker. • Find a rubber band. • Find a pair of glasses. • Find an envelope. <p>Additional scavenger hunt at home ideas.</p>