

CHOICE BOARD: MAY

A. Emotional regulation and stress management	B. Gratitude and kindness	C. Joy and connection	D. Self-awareness and reflection	E. Social awareness and empathy
Do you feel stressed or anxious? Pick from this column.	Do you feel like people around you are feeling sad? Do you feel sad? Pick from this column.	Do you feel the need to do something light-hearted? Pick from this column.	Do you feel curious about something? Confused? Pick from this column.	Do you feel disconnected from other people? Pick from this column.
<p>1</p> <p>Are you feeling overwhelmed right now? Do a FireHOSE self-check to identify what might be causing you stress.</p> <ul style="list-style-type: none"> ● H: Am I hungry? ● O: Am I overstimulated? ● S: Do I need sleep? ● E: Do I need exercise? 	<p>2</p> <p>Take 2 minutes to write down on a piece of paper (a napkin works!) a rose and a thorn for the day.</p> <ul style="list-style-type: none"> ● Rose: Something that feels positive ● Thorn: Something that feels less positive 	<p>3</p> <p>Find your favorite meme, GIF, or TikTok video and show it to someone who shares your sense of humor.</p>	<p>4</p> <p>Choose a prompt and write, type, or draw the answer:</p> <ul style="list-style-type: none"> ● What have I learned about myself in the last few weeks? ● What have I enjoyed about remote learning? What has been difficult? 	<p>5</p> <p>Write a letter to a friend that is having a very difficult time right now with all the changes associated with school closures. What would you say to them to make them feel better?</p>
<p>6</p> <p>Join a 30-minute yoga workout by following this link!</p>	<p>7</p> <p>Sit near a window, in a spot outside of your home, or in an interesting place you wouldn't normally sit (e.g., under a table). Focus on a feeling, an interesting spot, or a sound you hear. Write about it or draw it in your journal or notebook. Learn some journaling techniques by following this link!</p>	<p>8</p> <p>Learn how to draw this joyful elephant!</p>	<p>9</p> <p>Explore hidden nests, watch leopard cubs grow, or see the sun rise in Hawaii by choosing from hundreds of live cams set up in zoos, forests, coastlines, and tons of other cool places!</p>	<p>10</p> <p>Got an idea for a business? Awesome! Why not take this time to create a business plan. Research organizations that can help you with that or talk to a business owner in your community!</p> <ol style="list-style-type: none"> 1. The Possible Project 2. BUILD 3. More than words 4. Grip Tape
<p>11</p> <p>Try this 8-minute workout to get your body moving!</p>	<p>12</p> <p>Learn how to do mindfulness doodling to help if you're feeling sad or distressed.</p>	<p>13</p> <p>Learn to draw this 3D trick art on paper!</p>	<p>14</p> <p>Go back in time! Learn about historical events and famous people from the past with these articles, games, and videos.</p>	<p>15</p> <p>Get to know the civil rights activists, known for their fight against social injustice, and how their fight has a lasting impact on the lives of all oppressed people.</p>
<p>16</p> <p>Try this 4-7-8 Breathing Exercise to alleviate anxiety and stress!</p>	<p>17</p> <p>Every morning or evening, write down 3 things you are grateful for. It can be something serious like "I'm grateful for the fact that my family and I are healthy", or something funny like "I am grateful for the marshmallows in my cereal every morning."</p>	<p>18</p> <p>Listen to a song you used to love. Close your eyes and think back to those times. Can you remember a moment? The people in that moment? Smells?</p>	<p>19</p> <p>Stories help us learn about ourselves and the world around us. Find out how a character deals with an adversary in one of hundreds of free audio books read to you like Harry Potter, The Bone Witch, Diary of a Sixth Grade Ninja, and more!</p>	<p>20</p> <p>Are you a good detective? Hunt for the clues to solve these 5-minute mysteries!</p>

Guidance for students:

- COVID-19 has had a significant impact in our community, as you already know. At schools across Springfield, we are trying to do the best we can to better support you and your peers during this time. We want you to continue learning and growing and having fun as a member of our school community, but we also want to make sure that you are able to take care of your mental and emotional health as much as possible. We hope this choice board gives you some ideas on how to do that.
- Are you on social media? Consider using this hashtag to let us know what you're up to: [#choiceboard]. How do you like this tool? What would you add to it? Challenge a friend to 'play' with you.
- Here are some ideas on how to start using the choice board:
 - Close your eyes and point at one of the options. Try that activity! If it feels overwhelming, try a different one.
 - Ask someone else to pick a number between 1-25. Do the activity that aligns with the number they chose.
 - Do one activity per day. Whichever date is on the calendar is the numbered activity you start with. If the date is 26-31, create a square of your own!
 - Make a choice based on how you're feeling. Use the questions at the top of each Column (e.g. "Do you feel stressed?") to determine where to focus.
- ***With any of the above feelings, remember that there are many people in your life and in your school community who care about you. Reach out to a teacher, family member, friend, or trusted adult if you need help or want to talk.***