

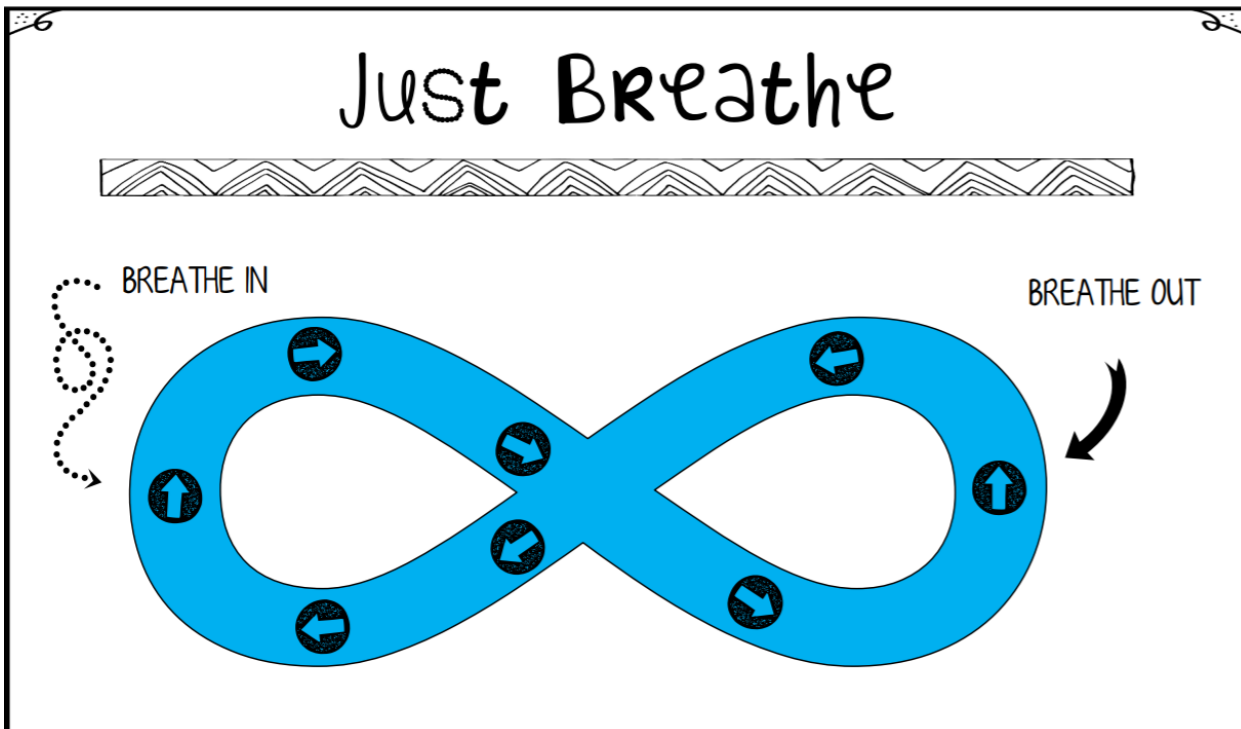
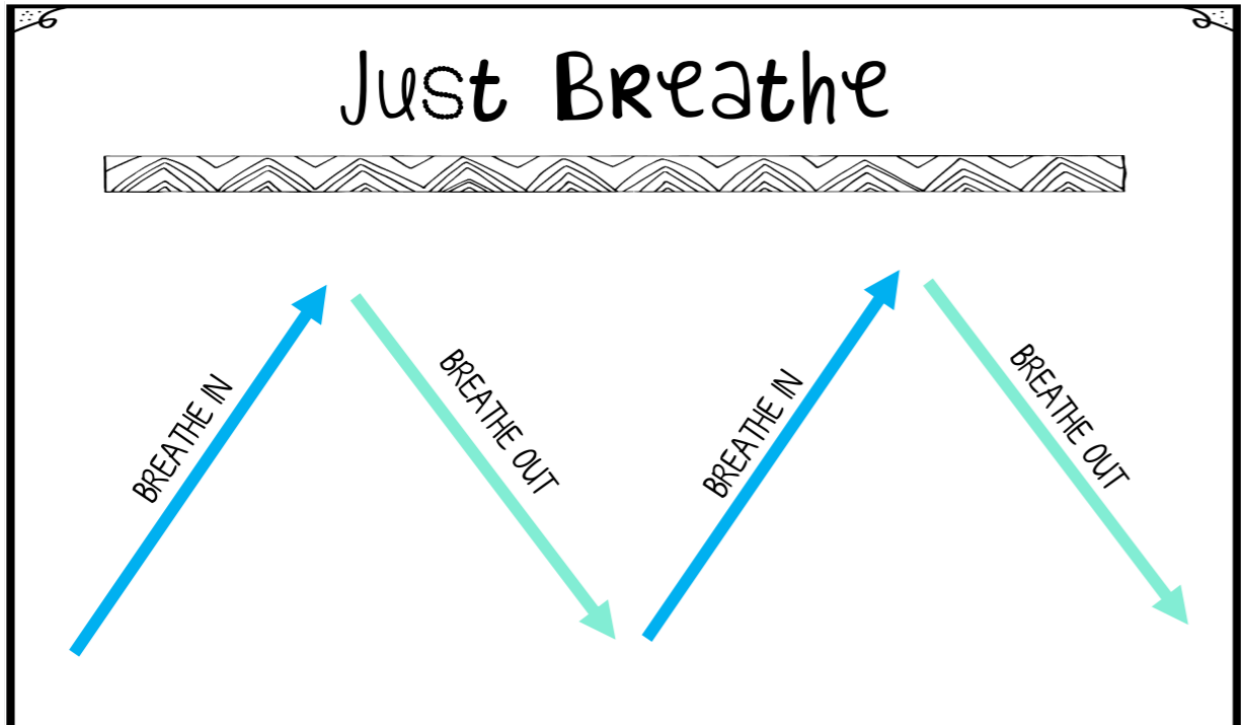
Mrs. Ohler  
[cohler@rockwoodschoools.org](mailto:cohler@rockwoodschoools.org)  
814-926-4688 ext. 21266  
(Please leave a message if calling)

The following are strategies to help your child through the current pandemic:

**Mindfulness 5-4-3-2-1.** This is one of my favorite strategies for practicing mindfulness because it can be done anywhere and anytime. You don't need any special props! Have students sit comfortably and just look around the room. Tell them to use their senses to observe the immediate environment. Slowly go through the list. Have them identify 5 things that they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell, and 1 thing they can taste. Take your time with each and remind students to absorb the feelings they experience.



**Mindfulness Breathe Boards.** One of the most important components to mindfulness is learning to control our breathing. Sometimes this can be abstract for students, so these [mindfulness breathe boards](#) serve as concrete visuals to help. Just have students trace their finger around the visual while breathing in and out. This should be done multiple times. Best of all, these breathe boards can be placed on a table, in a binder, in a calm down area, or anywhere else a student might need them.



# Journal Writing

## MINDFUL FOCUS

**What it is:** Mindful focus is an activity where learners mindfully focus on one object for a period of time.

**How to try it:** Have kids choose one object in the room. Encourage them to hyperfocus on the object. Look at it and think about it for a few minutes. What does it look like? What colors does it have? Is it bumpy or smooth? How does it move? What is it used for? What makes it special? After the mindful focus activity, have students write about their object and sketch a picture.

**Why it works:** By focusing all of your attention on something, you are focusing only on the present moment. This can be a healthy strategy to help kids ground themselves in times of stress.

## EMOTION CHECK-IN

**What it is:** An emotions check-in is a free write about how someone is feeling and thinking in the moment.

**How to try it:** Encourage kids to just close their eyes and think about how they feel. Consider every sensation in your body and thought that pops into your mind. Rather than judging those feelings, let them be. Notice them and recognize them. Then, have learners write about how they are feeling and thinking. As a simple alternative, you can have learners give colors to their emotions as they draw.

**Why it works:** Checking in with ourselves is an important strategy for improved self-awareness and mindfulness. By thinking about how we are feeling and thinking, we can make better choices about what we need in the moment.

## GUIDED VISUALIZATION

**What it is:** A guided visualization is an activity that involves picturing a calming scene, such as a beach or quiet meadow.

**How to try it:** Use a picture or describe a calming scene. It can be anything from a peaceful walk in the park to a calming waterfall in a forest. Have learners picture themselves in the scene. Then, allow them to write about what they see, feel, hear, smell, and taste.

**Why it works:** By picturing a peaceful scene, kids and young adults can clear their minds and regain a sense of calm. Visualization can be a healthy tool to use when feeling angry, sad, worried, or overwhelmed.

**Positive Affirmations.** There is not much else better than positive affirmations! Teaching kids to read positive affirmations aloud to themselves or just in their heads can bring a sense of calm while also increasing confidence. It's a win-win! Have students circle or highlight the positive affirmations they love the most. Have students read these to themselves or make index cards with their favorite sayings.

## POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.