



MORE GOOD DAYS: *Finding Calm* --- ***in the Midst of Change***





What distance learning can feel like



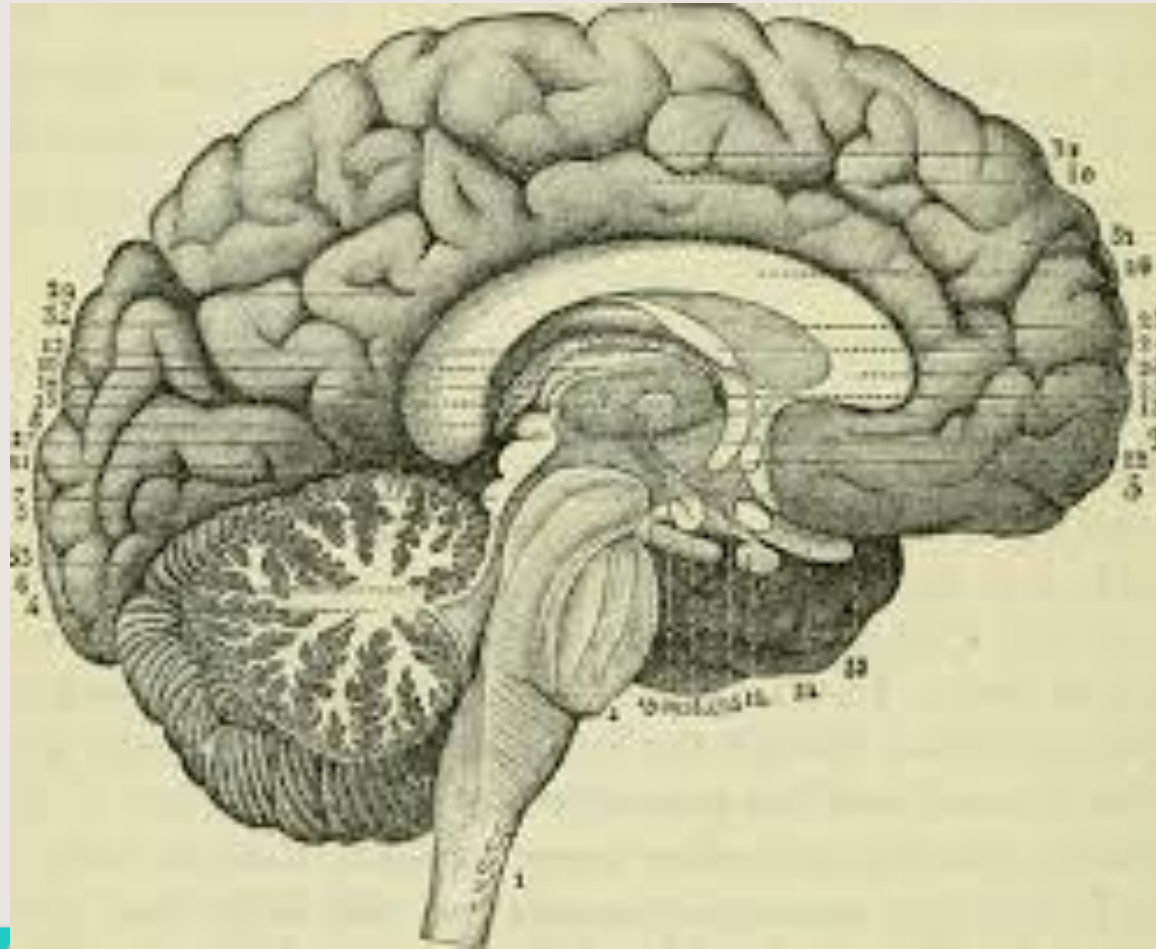
THANK YOU FOR BEING HERE



Homeschooling is going great. Two kids have already been suspended for fighting and one is in detention for talking back.



OUR BRAINS ON STRESS



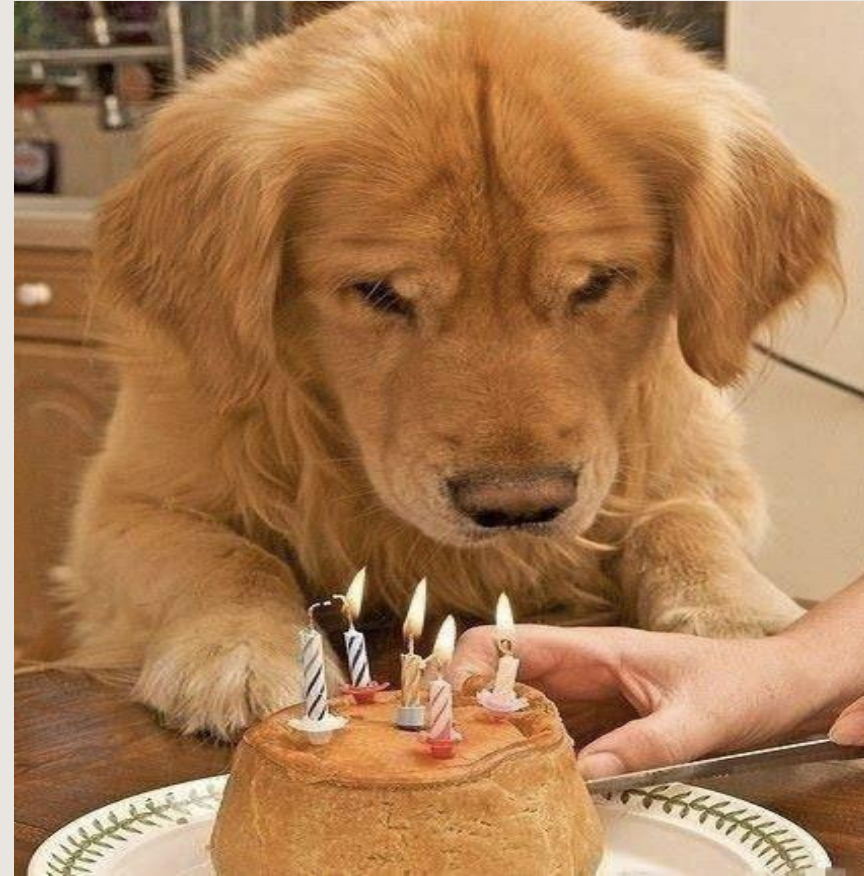
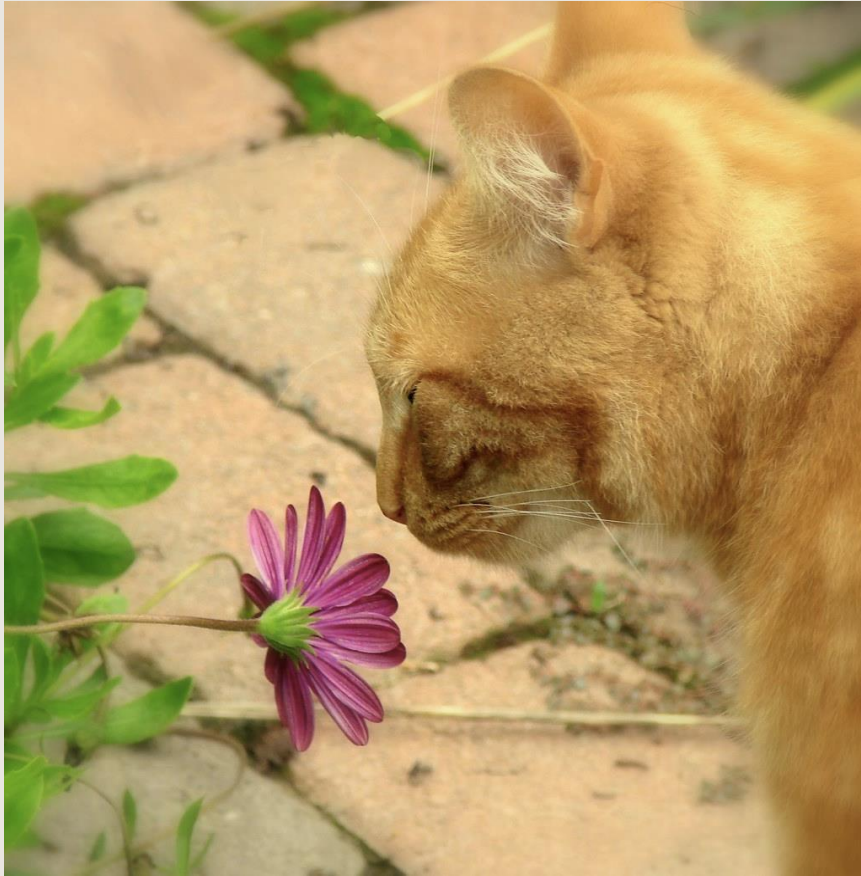
**Brains in pain can't
learn, can't teach, can't
parent in the way we
want, can't lead in the
way we want**




MINDFULNESS IS... BEING WHERE YOUR FEET ARE



MINDFUL MOMENTS



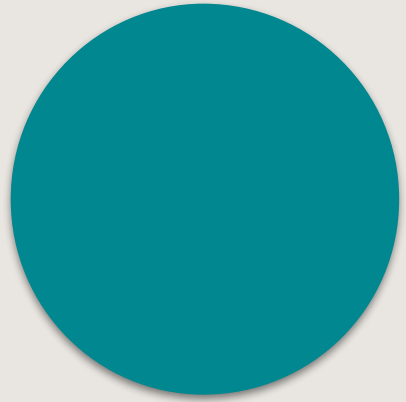


“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

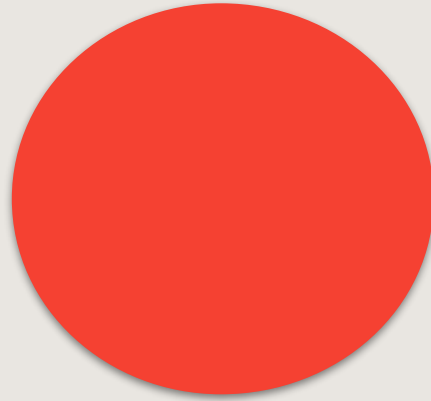
–Victor Frankl, Psychologist and Holocaust Survivor



PARADOXICAL FEELINGS



ANXIOUS



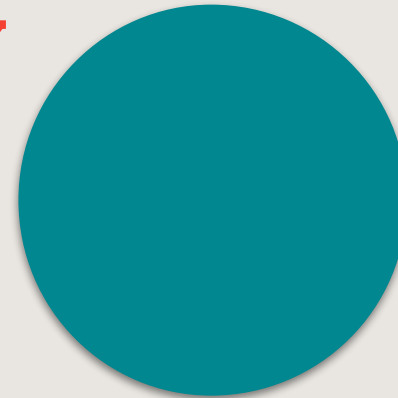
WEARY



HOPEFUL



GRATEFUL



OVERWHELMED



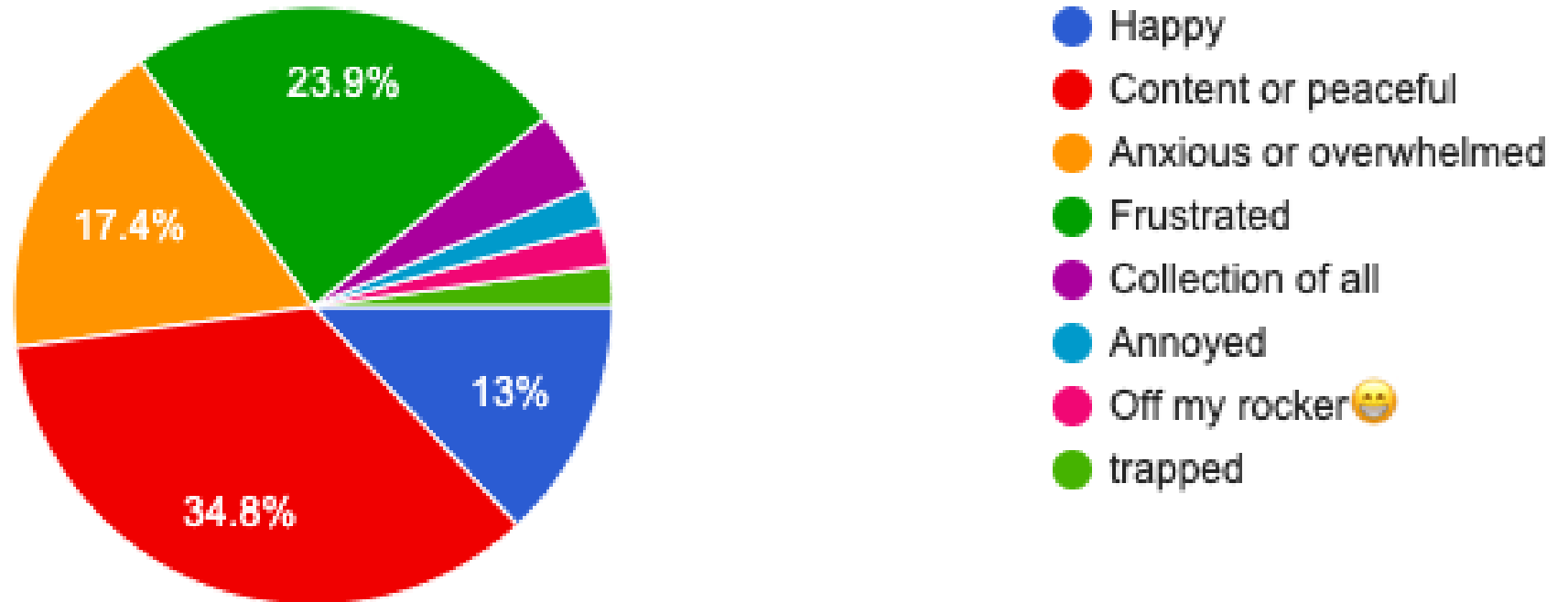
OPTIMISTIC



WHAT KIDS ARE SAYING

Which word best describes how you have been feeling this week?

46 responses



WHAT'S IN MY HULA HOOP?






**NAME IT TO
TAME IT**





**“Get curious,
not furious”**







**OUR EMOTIONS
ARE CONTAGIOUS**


EMOTIONS ARE CONTAGIOUS





4-7-8
Breathing





5-4-3-2-1

5 THINGS YOU CAN SEE

4 THINGS YOU CAN FEEL

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE



THRIVING
YOUiversity
empowering individuals & organizations to thrive

HOME ABOUT LEARN MORE

We're Closegap.

HOW ARE YOU FEELING?

SIGN IN



“When little people are overwhelmed by big emotions, it’s our job to share our calm, not join their chaos.”

-L.R. Knost



SELF-MANAGEMENT: ENGAGE IN SELF-COMPASSION



Showing kindness and compassion to ourselves, just like we would show to someone else we care about.

MINDFUL MOMENT

Breathing in,
I do my best.

Breathing out,
I let go of the
rest.

(Give yourself some grace.)

MINDFUL MOMENTS



MINDFUL MOMENTS



"TAKE CHANCES,
MAKE MISTAKES,
GET MESSY"

-MS. FRIZZLE

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