

Dear Mariners-

Hello!!

I wanted to reach out to let you all know that **we are thinking about you**, and are hopeful that you are healthy and coping well during this new era. We will all have ups and downs, boredom, stress, and perhaps some unexpected positives.

Reminders: if you are struggling-**it's OK to reach out for help**: Dr. Anderson, Mrs. Angell, and I, are all available during specific school hours. **I can meet from 9:00 AM-1:00 PM on weekdays**. Let us, or the other members of your support team: your guidance counselors, Mr. O'Brien, the administrators, and/or your teachers know if you need assistance.

Keep your **doctor and therapist's appointments** when possible, through Telehealth.

TRYING TO QUIT VAPING? Thinking about it? TEXT DITCHJUUL to 88709

Free and available 24/7. I can help!

Here's this month's offerings of wellness activities: I challenge you to pick 3 activities per week:

Moving:

Workout. Kickboxing? Burpees? Push-up challenge? Jump rope? Hopscotch? Walking lunges? Scissor jump?

Virtually train for basketball: "Homestretch", is a free app until 4/30

Free apps: <https://clark.com/health-health-care/best-free-workout-apps/>

Creating:

Play music. Read music. Write music.

Take photos. Edit them. Black and white?

Make a summer bucket list. Fall?

Connecting:

Cook/ bake for your family. New recipe? Family recipe? Do it together. Healthy would be good!

Text/email/call/facetime: friends, relatives, coaches, members of your place of worship, neighbors, band members, classmates, club members, teams, etc..

Compose a song or a story.

Chilling:

Meditate. Apps: Headspace, Calm: <https://www.puregym.com/blog/top-free-mindfulness-apps/>

Cuddle with animals: play with, or care for your dog, cat, lizard, Guinea pig, etc.

Make a Glitter Jar: <https://www.youtube.com/watch?v=QVTz1ks-5sE>

Wellness Tracker:

Try a few new things alone, or with a family member-or virtually with a friend. Aim for 3 items per week.

Have fun, exercise, de-stress, laugh, create, connect-take care of yourselves.

Write down your activities on the left, then track your days on the calendar below.

Activities:

Dates:

<hr/>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<hr/>	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30 /31

Thanks to those of you who read this far-WE've got this, it's not a solo journey. You're all doing a great job during this uncertain time. Deep breaths!!

Take care-Ms. Laidler slaidler@nssk12.org