

NAVIGATING TO THE GREEN ZONE

During these days of online learning it may be difficult to stay in the green zone. Here are some tips as to how students can 'be in the green'



1

STAY CONNECTED

- Talk it out with someone you trust; a family member, friend, teacher, or school counselor
- Video Chat with a loved one.
 - Pick a time to chat with a friend
 - Have a meal with a loved one virtually
- Keep in touch with the people you love with a phone call

2

SLOW YOUR BREATHS

Are in the yellow zone and feeling restless?

Try slowing your breathing:

Try rainbow breathing: Start with the first color of the rainbow, breathe in & fill your body with that color. As you breathe out imagine that color leaving your body, taking away all the negativity.

Repeat with next color until you have done all the colors of the rainbow. Hint: R.O.Y.G.B.I.V.

3

STICK TO A ROUTINE/ SET DAILY GOALS

While in school students are used to having a set routine throughout the day. Set a predictable routine that fits your family's lifestyle. Having an agenda/ a set of expectations for the day allows you to not only keep track of the day, but focus on real things and specific goals; such as cleaning your room, completing one continuous learning task, doing something kind for a family member

4

HAVE FUN

Feelings like worry, boredom and loneliness can take over if you let it. Limit your exposure to media and shift your focus to something fun.

1. Make a paper airplane or origami
2. Play outside
3. Play a board/ card game with your family
4. Put on some music and sing/ dance it out
5. Get crafty: paint, draw, color

5

ELSA SAYS TO "LET IT GO"

Struggling to let go of your worries? Set a timer for 4 minutes (the length of the song Let it Go.) Allow yourself the 4 minutes to think, write, or talk about your worries. Once the timer goes off, trash/ shred the worry if you wrote it, and move to a new space where you can think of something else or do a new activity.

6

JOURNALING

Journaling during these days at home allows you the opportunity to explore and express their emotions, while simultaneously documenting a unique moment in history.

