

Counseling

During this time, we want to make sure students continue to feel connected and supported in a variety of ways. All students have received invitations through their school email to join their grade level Counseling Google Classroom. This is a great way to access some helpful resources for taking care of yourself and navigating our new normal. Resources include time management strategies, self care tips, and mindfulness activities.

Our school counselor, Ms. Craig-Morales, is also available through email, phone, and virtual zoom meetings. Students who would like to discuss any academic or social-emotional concerns can either email her directly at mcraig-morales@calistogajusd.org or schedule a meeting through <https://calendly.com/mcraig-morales/30min>. When you schedule your meeting, you will receive an email INVITE to a Google Hangouts Meeting at the time you have selected.

Student Self-Care Tips For Distance Learning

Have a dedicated workspace - Having a designated workspace signals to your brain that it is time to work on assignments and then time to end when you leave this area. This does not have to be an entire room, this can be an area of a room where your materials and computer stay.

Set "school" hours - It is easy to get distracted when school takes place at home. Set a time everyday that you will dedicate to your assignments. Try to start school at the same time each day. Make sure SnapChat, Instagram, TikTok, and phone are turned off during this dedicated time.

Have a routine & write it down - Routine is important for all of us. Keep your routine similar to what you were used to before: get up, shower, and get ready for your day.

Check your email and Google Classrooms daily - Know your teacher's expectations for logins and assignment submittal. All of your teachers have a Google Classroom that you need to check daily. Be sure to regularly check your email for important school communication.

Take breaks during your day - Make sure to step away from your school work during lunch or snacks. Add breaks for movement, mindfulness, and healthy activities. Your brain needs time to relax and recharge. Go to your Counseling Google Classroom for tips and activities.

Practice gratitude - Studies show that practicing acts of gratitude can actually change the brain to focus on the positive and help you feel more at ease in times of stress or uncertainty. Intentionally think of 3 things you are grateful for each day. Share with a family member, friend, or your counselor :).

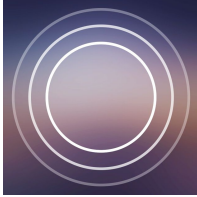
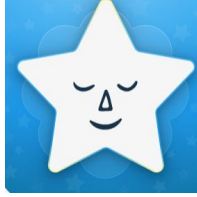
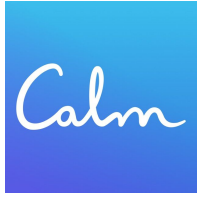

Practice healthy activities - Team together with those in your home to try new games, projects or activities. Go to your Counseling Google Classroom for tips and activities.

Check in with a positive friend & others - Reach out to someone each day to have a non-school related conversation.

Get enough sleep - Schooling from home can impact your sleep patterns. Be sure you are getting enough rest (8-10 hours of sleep is recommended). If you have trouble sleeping, there are free apps and podcasts to help (Calm, Breathe, Headspace, etc.).

Coping with Stress and Anxiety

Feel free to consider and preview the apps below designed to support relaxation and mindfulness.

 <p>Here and Now</p> <p>Here and Now measures your body stress by taking the pulse in your finger through your phone's camera.</p>	 <p>MindShift</p> <p>The MindShift app greets you with a welcome message telling you there are steps you can take to stop anxiety from negatively impacting you.</p>
 <p>Calm</p> <p>Calm is the #1 app for mindfulness and meditation for teens. Guided meditations walk you through what to do. They also have breathing programs, relaxing music, and sleep stories. https://www.calm.com/</p>	 <p>Aura</p> <p>Aura walks you through 3-minute meditations to help you calm and destress. You let Aura know how you're feeling, and the app chooses the best meditation for you. https://www.aurahealth.io/</p>

Helpful Websites for Managing Stress & Anxiety:

- Meditation for Kids: [Body Scan for Kids](#)
- [Guided Breathing Exercise \(Clouds\)](#)
- [Mindful Breathing Meditation \(5 Minutes\)](#) - video
- [3-minute Mindful Breathing Meditation \(Relieve Stress\)](#)

As always, if you are having a serious crisis, call Napa Crisis at (707) 227-3900, or text "GO" to 741741. If you or someone is in immediate danger call 911 or go to the nearest emergency room or hospital.

Limiting Time on Social Media & Screens

Studies have shown that a lot of time on social media and looking at screens can increase anxiety and stress levels. Try these activities instead:

1. Play board games or cards with your siblings and family
2. Go for a walk or hike outside
3. Go for a bike ride
4. Bake/cook for fun (baking recipes: <https://www.foodnetwork.com/topics/easy-baking>)
5. Read a book or listen to one - **there are free Audible memberships while schools are closed**
6. Write in a journal or draw

7. Write stories
8. Make a card or write a letter and mail it to a friend or family member
9. Create experiments with supplies found around the house
10. Practice an instrument or listen to music
11. Create art or print out coloring pages:
<https://coloringhome.com/teenage-coloring-pages-free-printable>
12. Make your own music videos to your favorite songs
13. Choreograph your own dances

Academic Extras

Even though you're not on campus, it is important to continue with a daily routine and keep up with your schoolwork. If you want to keep learning but want to take a little break from assigned classwork, check out these cool sites:

Learning journeys - new ones every week :)

<https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>

[Virtual Field Trips](#) (explore places like Mars, zoos, and aquariums)

<https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>
[Need to Get Outside? These 5 National Parks Offer Virtual Tours You Can Take From the Comfort of Home \(Video\)](#)

[13 Museums You Can Visit Online During Your Quarantine](#)

[Monterey Bay Aquarium Live Web Cams](#)

[Simple Activities for Children and Adolescents - NCTSN](#)