

How to help students

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Physical & Mental Health

WHAT HAVE YOU NOTICED ABOUT YOUR
CHILDREN AT HOME?

[CLICK HERE TO ANSWER](#)

WHAT WE HAVE NOTICED IN SCHOOL - MENTAL HEALTH

- Feeling overwhelmed
- Feeling a lot of pressure to do well in school
 - 6th graders are worried about keeping up in middle school with the changing classes and the workload.
 - 7th graders are worried that these grades matter most for high schools.
 - 8th graders are worried about getting into a good high school, the specialized high school test, having to make new friends again after really just getting to know some people this school year.
- Feeling overstimulated during the day and needing a lot of time to decompress
- Struggling with social skills - how to interact appropriately. Ex - how to introduce yourself, how to connect with others, etc.
- Struggling with using words to express themselves
- Struggling with conflicts with peers and not knowing how to resolve them.

WHAT WE HAVE NOTICED IN SCHOOL - PHYSICAL HEALTH

- A decrease in overall fitness level
 - Students are experiencing the consequences of low levels of activity for an extended period of time
- An avoidance of physical activity
- Students not playing on organized teams seem to be slower returning to previous levels of activity
- Less Physical Education periods to add activity to the week
 - 7th and 8th grade students receive one period of Physical Education per week

HOW HAVE YOU BEEN WORKING TO
SUPPORT YOUR CHILDREN?

WAYS TO HELP SUPPORT

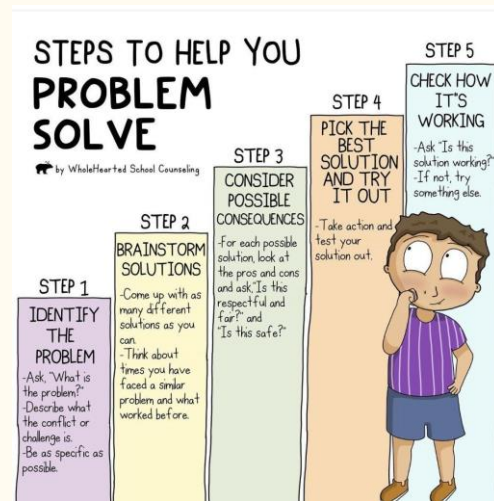
- Normalize mental health
- Check in with your child on a regular basis about how they are feeling.
 - Provide a safe, supportive and non judgemental space for your child
- Help them with words that can explain what they are feeling.
- Listen and validate their feelings and what they are going through.
- Let them know that they aren't alone in feeling this way.
- Encourage them to write or draw to express themselves.
- Encourage them to be more active to release the feelings they are having.
- Encourage them to join clubs or sports in school to get connected with other students and staff.

THE POWER OF "I'M HERE"...

for you	just to listen	if you want to talk about it	even if you don't want to talk
if you need me	and I love you	because I love you	when you need me
anytime	because you matter to me	if you want a distraction	whenever you are ready

WAYS TO HELP SUPPORT CONTINUED

- Help the student problem solve when issues come up.
- Encourage creative ways to celebrate milestones, connect with peers and express themselves.
- Help support students in creating & achieving their goals and adjusting the process if needed.
- Help students find purpose and advocate for issues and policies that have impacted them.



CONNECT WITH YOUR CHILDREN

BUILD CONFIDENCE - Chores, special tasks, ask their opinion on things

BUILD A GROWTH MINDSET - What did you do today that made you think hard? What was easy? How can you make that more challenging? Can you think of a mistake you made today? Is there anything you are struggling with? What strategies will you try next?

PRAISE - I like the way you tried all kinds of strategies to get that writing done. You really practiced that and look at your improvement, Great work you focused on this really well.

SPEND TIME AS A FAMILY



BUILDING A GROWTH MINDSET

- LEARN FROM YOUR MISTAKES.
- FOCUS ON YOUR EFFORT, NOT ON THE END RESULT.
- REMEMBER THAT PRACTICE MAKES PROGRESS.
- LOOK FOR WAYS TO IMPROVE.
- EMBRACE IMPERFECTION AND CREATIVITY.
- SET GOALS THAT ARE SPECIFIC AND DOABLE.
- TRY A DIFFERENT STRATEGY IF THE FIRST ONE ISN'T WORKING.
- VIEW CHALLENGES AS OPPORTUNITIES TO GROW.

WholeHearted School Counseling

SELF CARE IDEAS

Being active - running, hiking, biking etc.

Journaling

Meditation

Screens are put down at a specific time of day

Taking a walk outside

Listening to music

Taking a shower

Yoga

FIND WHAT HELPS YOU RELEASE EMOTIONAL STRESS



Things Like:

- stress
- anger
- frustration
- anxiety
- fears
- overwhelm
- exhaustion

Things Like:

- crying
- sleeping
- exercise
- journaling
- venting
- yelling into a pillow

Things I Try to Do on Days That I am Really Struggling:



Wake up and get sunlight immediately



Watch the sunset at night



Take a cold shower if I am tired



Positive self talk / affirmations



Move my body



Walk outside



Spend time with supportive people



Eat healthy foods and hydrate



Laugh



Go to bed early

GROUNDING EXERCISES

- **3-step self-compassion break** - during or after a stressful event, practice a three-step, self-compassion break with your child or model it for them to practice on their own.
 - The First step is to acknowledge this is a difficult moment (i.e. “This is stressful.”)
 - The second step is to acknowledge that stress and suffering are parts of life (i.e. “other people feel this way; I am not alone”).
 - The last step is to ask yourself, what can I do to be kind to myself? It might help to think about what a loved one might tell you (i.e. “May I accept myself as I am; may I be strong”).
- **Do something for others** - Doing something for another person and taking the focus off of ourselves can clear our heads. First, think about someone (a friend, a coach, teacher, or family member), and ponder what they appreciate. Then make or do something nice for that person like drawing a picture, doing the dishes, etc. Doing nice things for others can help us like ourselves even more.
- **Make Downtime a priority** - Teens should be encouraged to take time out of their busy schedules. Take a break between school and diving into homework. Also take a break between each assignment. You can go outside, exercise, talk to a friend, etc.

QUESTIONS?