
SOURCES OF STRENGTH

We all were thrown a curve ball last week. We have made huge adjustments to our daily schedules. As we navigate through times of uncertainty, we need to tap into our sources to spread hope, health and strength- all while practicing social distancing.

Don't you agree, the more strengths we have, the more resilient we can be to help ourselves and others through this challenging time.

What helps you?

This week think about how you as an individual and we as a community can continue to spread a positive message. Schools may be closed, but our strengths are not. Positive friendships are not canceled, although the time we spend together may look and feel different. Healthy Activities are not canceled, even though we might need to get creative when practicing or performing them. Family Support, Mentors, Generosity, and Spirituality are not canceled, they are the life-giving relationships and practices that support and sustain us. Medical Access (physical and mental health) are essential to stay well for a healthy body and mind. Let's dig into our strengths and help a family member or friend overcome the challenges we are currently facing. We are all in this together.

What Helps Me thinking questions?

- Which of the Big Three Emotions (Anger, Anxiety, or Sadness) is most common when you're stressed or experiencing a challenge? What helps you manage that emotion?
- Who are the people in your life that help you? What do they do to help you?
- What activities help you to feel joy?
- What activities are calming for you?
- If someone were to write a self-care plan for you, what activities, places, or people might it include?



Below are some resources/ideas for parents/guardians and students to engage in collaboratively during this difficult time. What will help you?

- Draw, sketch, paint or journal
- Follow a recipe with a family member or friend
- Leave a positive message on your neighbor's driveway/sidewalk with chalk
- FaceTime a family member
- Use the zoom app to chat with family/friends
- Have a (virtual)dance party with family/friends
- Listen to music
- Play your instrument
- Create a dance, song TikTok
- Family game night
- Read a book/magazine
- Clean a space in the house
- Social media free educational activities (visit a virtual zoo tour or Mcharper Manor demonstrates art projects)
- Join the fb group: Teachers supporting parents at home during COVID-19 for resources
- Take a walk with a family member/pet
- Perform/create a workout (lots of free videos online)
- Send cards/letters in the mail
- Create a photo collage
- Plant a garden or flowers
- Find a motivational quote to inspire you or others:
 - “You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.”
— **Maya Angelou**
 - “Never lose hope. Storms make people stronger and never last forever.”
— **Roy T. Bennett, The Light in the Heart**
 - “It is not enough that we do our best; sometimes we must do what is required.”
— **Winston S. Churchill**

Watch the following videos and discuss with your family using the sources of strength wheel.

<https://www.youtube.com/watch?v=MJoczDESU24>

Motivational short film

- What is the takeaway for you after watching this short clip?
- What part of the wheel is demonstrated in the short clip? How?
- How could you help others in need during this difficult time?

https://www.youtube.com/watch?v=4p5286T_kn0

Mr. Jenson- Drummer student

- Who is your mentor/trusted adult at Shiloh?
- Write them a letter or send them an email

Let's work together to spread hope, health and strength in our community.
Stay Safe and Healthy!