

MARCH 8-12, 2021

# WELLNESS WEEK

Leon County Schools- Elementary Edition



## OVERVIEW:

### Raising a Child During the Pandemic and Initiating Self-Care

Raising a child is tough. Add to that the current pandemic and we all know everyone is stressed to the max! Practicing self-care is essential in order to stay grounded and healthy in all of our relationships. Watch the video below and see how students learned about recommendations from other kids on how to practice self-care!

<https://www.youtube.com/watch?v=LKfb4MRTxR8>

- Self-Care Plan
- 5 Tips for Coping with Test Anxiety (Grades 3-5)
- Mindfulness: Positive Self-Talk
- Stress Explained
- Yoga: Going on a Bear Hunt

As students leave for the Spring Break, LCS wanted to remind everyone to initiate or continue healthy practices during the school break and beyond!

For more information about *Mental Wellness* and other resources, visit LCS Support & Mental Health Services website:  
<https://www.leonschools.net/Domain/7259>



#### Self-Care Plan For Spring Break and Beyond!

Jonathan and his friends showed us ways that they practice Self-Care to keep themselves happy.

What are three activities that make you happy?

Write about how you will practice them during Spring Break.

1:

2:

3:

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### 5 Tips for Coping with Test Anxiety (Grades 3-5)

Test anxiety is a psychological condition in which people experience extreme distress and anxiety in testing situations. While many people experience some degree of stress and anxiety before and during exams, test anxiety can actually impair learning and hurt test performance. Students watched this video to learn 5 tips for coping!

<https://www.youtube.com/watch?v=FyBdA61GmJ0>

### TEST ANXIETY

**What is test anxiety?**  
Test anxiety is the worried, nervous, or scared feeling that happens to you when it's time to take a test or a quiz.

**How does it affect me?**  
You might experience headaches, sweating, nervous stomach, crying, trouble breathing, and a faster heartbeat. You may feel angry, worried, hopeless, helpless, and overwhelmed.

Test anxiety can also bring on negative thoughts. You might say things like, "I can't do it" or "I'm probably going to fail". You may also be thinking about the worst possible thing that can happen. Some people experience a "blank out" which means that they forget everything that they studied!

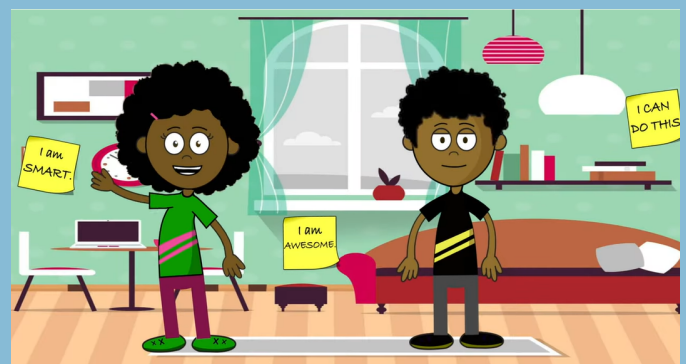
**What can I do about it?**

- 1** Be prepared! Do a good job studying so that you can feel confident about taking the test. Start studying a few days before, and make sure that you are understanding what you're reading.
- 2** Use positive self-talk to quiet the negative thoughts in your head. Say things like, "You can do it!" or "You've got this!" Picture yourself doing well on the test!
- 3** Find ways to calm your body before, during, and after the test. The more relaxed you are, the better you will be able to focus on doing a good job.
- 4** Take your time and focus on one question at a time. Take deep breaths and read each question carefully. Don't spend too much time on one problem.
- 5** Talk to a parent, school counselor, or teacher: They might be able to work with you to come up with coping skills that can help you be successful.

### Mindfulness: The Importance of Positive Self-Talk

Over time, engaging in more positive self-talk can help reduce stress, improve self-esteem, increase motivation, inspire productivity, and improve overall mental and physical health. Families can have a huge role in helping kids and young adults develop a greater voice for positive self-talk. Watch while Maya and Carleton share the importance of positive self-talk! Practice the LUCK strategy.

<https://www.youtube.com/watch?v=AJ2YQp3judg>



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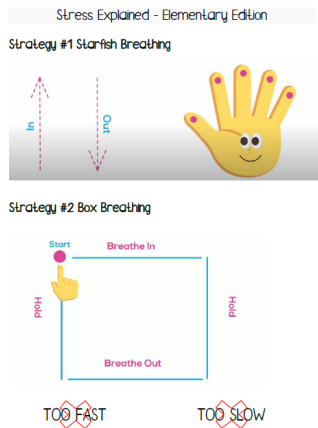
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### Stress Explained

Stress is natural and normal for everyone. Sometimes it can be helpful. However, stress can also be negative. Therefore, students learned about two coping strategies called *Starfish Breathing* and *Box Breathing*. Watch this video with your child and help them practice their breathing!

<https://www.youtube.com/watch?v=k8FiAxAqqYE>



### Yoga: Going on a Bear Hunt

Our children live in a hurry-up world of busy families, school pressures, technology, and competitive sports. We usually don't think of these influences as stressful for our kids, but often they are. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Today we are going to go on a Bear Hunt, yoga style!!!!

<https://www.youtube.com/watch?v=KAT5NiWHFIU>

