



# SCHOOL-TO-HOME CONNECTION: ACTIVITY SHEET

Grades 6-8

**COMPETENCY:** Self-Control

**THEME:** Manages Overwhelming Thoughts and Emotions

**OBJECTIVE:** The student will be able to refocus negative feelings toward a positive purpose.

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## DINNER DISCUSSION - Guided Questions



Ask your child the following questions:

1. How would you describe the importance of connection with others?
2. How do you handle change? How have we as a family handled change in the past? What have we learned from those moments?
3. Is isolation always a bad thing? Explain your thinking about that more.
4. How could you positively impact others during a personal moment of struggle? Why is that important?
5. Why is adaptability important during times of change?

## TIPS...

- Just listen. Don't try to problem solve or make any comments. At this moment, try to suspend judgment. Adolescents are heavily impacted by judgment and may shut down or hide their true selves if they feel evaluated or judged.
- Try not to minimize the emotions your child is facing. Yes, his/her problems may seem inconsequential from an adult point of view, but they are very significant to your child.
- Affirm what your child is feeling by revoicing or summarizing what they have said. You could start by saying "What I hear you saying is..."
- Share your own personal answers to the questions using I-statements such as "I think..." or "I would..."



## NIGHTTIME REFLECTIONS - *Journal Prompts*

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- 1 JOURNAL PROMPT 1:**  
Write about a time you felt isolated at home. How did you feel? Why? Describe who you could reach out to and what creative ways you could get connected.
- 2 JOURNAL PROMPT 2:**  
Do you ever mindlessly scroll on your phone? Write about how you feel when scrolling. How long do you normally scroll and what sites do you normally look at? Does the scrolling normally leave you feeling positive or negative? Explain some alternative activities you could engage in.
- 3 JOURNAL PROMPT 3:**  
How important is school to you? What purpose does school serve in your life? For many students, not being able to go to school is really hard. Answer the two questions above and write about what you would miss most about school if you couldn't attend.

## *Conversation Starters*

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- 1** Write about a time you felt isolated at home. How did you feel? Why? Describe who you could reach out to and what creative ways you could get connected.
- 2** Talk about the importance of staying on a schedule to have a routine and feel accomplished at the end of the day. Make an ideal schedule with your child of what they wish their day could look like.

## *Reflect & Sketch*

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- 1** Brainstorm words that are inspirational and positive. Sketch a stone with a word that could help you through a difficult time and decorate it with paint.
- 2** Ask students if they have connected with friends through video chats with friends and video conferencing with her classmates. Sketch an image that represents connection for you.



## ART ACTIVITY

### Prep & Materials:

- Pieces of colored paper (cardstock would be best)
- String
- Hole punch
- Scissors
- Markers/Colored Pencils
- Wire Hanger

It is important during times of change or struggle to stay positive. It can be easy to get stuck in a loop of negative thoughts and emotions. But, having a tangible reminder of positivity can be helpful to reorient your thoughts and emotions back to the positive.

You will be creating a *Positive Mindset Mobile*. Start by cutting your paper into whatever shape you like best. You can choose to cut your paper into long strips, little triangles, hearts or different odd shapes. On each piece of paper write a short, encouraging message to yourself that can help reorient negative thoughts and/or feelings. Examples include: *You shine brightest when you smile; Open your heart to the unexpected; Take a deep breath, you've got this.*

Now, punch a hole at the top of each of your paper cut-outs. Then, cut the same number of pieces of string as the number of cut-outs. Tie the string through each hole of your paper cut outs, then tie the strings to the wire hanger. You can experiment and make it so the strings fall at different lengths. Hang your mobile anywhere in your room.

Anytime you are feeling overwhelmed by big emotions, go to your mobile and read an encouraging message to yourself. You can change out the messages as needed.

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## VIRTUAL CONNECTION - Activity



It's important to stay connected even if you can't do it face-to-face. We humans are communal beings meant to have shared experiences in both good times and bad. Thanks to current technology there are now countless ways to keep in touch with friends and family. Below, is a list of creative ways to stay connected using technology:

- Find the newest viral virtual trend: dunking baskets at home using socks, doing a choreographed dance, smashing pies in faces, doing a large-group virtual sing-a-long. Choose one that you and your family would like to do together then upload and share with others.
- Have a reality show you and your friends just love? Take a reality TV show and make your own home version. Think Lego Masters, Chopped, and The Great British Baking Show.



Video chat with your favorite friends and complete home versions of the shows together. Let's see who really has the best dish!

- Discover a new app to stay connected! There are so many apps that have video chatting capabilities. Some let you choose fun backgrounds, some let you put on funny faces, and others can have over 100 people on the same call. Research and find a new app to use with one-on-one, with small intimate groups, or large gatherings of people.

**HAVE FUN!**

