

First week of school

Name Circuit: <https://youtu.be/w-HQDMHJLHg>

Human Chain: <https://youtu.be/5vp2Jgtei0E>

Unity Moves: <https://youtu.be/yJY19gO9JOo>

- Instead of “Apple, orange, banana”, use “love, hope, solidarity”

### **Snowball Activity:**

Write what stresses you out on a piece of paper (warn students these will be read out loud). Crumple it up, then snowball fight!

That was the act of acknowledging the things that stress us out and take away from our energy and the physical release of the stress.

Pick up a snowball and read it out loud. You can comment with:

1. I also stress out about this.
2. How would you deal with this stress.
3. What you do for self care.