

Organization

Building a routine fosters organization and readiness for learning!

- 5 Steps to Create a Personalized Daily Routine
<https://www.thespruce.com/how-to-create-a-daily-routine-2648007>

Goal Setting - Find something to do with your free time! A goal could be...

- Physical (*strength training, cardio, flexibility, etc.*)
- Creative (*Creative Arts Workshop portfolio; practice an instrument*)
- Organization (*redesign your bedroom, or system for staying organized at school*)
- Career-oriented (*learn more about a job you're interested in*)
- To meet your goal, it helps to make it specific, measurable, and realistic. This form can help you break it down:

Social-Emotional Learning

Mindfulness

25 Mindfulness Activities

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Overcoming Anxiety

11 Ways to Cope with Anxiety

<https://www.healthline.com/health/mental-health/how-to-cope-with-anxiety>

Personality Test (Can help with Career Development)

<https://www.16personalities.com/free-personality-test>

Sentis: Brain Animation Series

This series of short (2-3 minutes) videos brings neurology and psychology to life, and will teach you about how your brain affects your behavior. Topics include how your brainworks, how it grows, how it processes emotion, and what its limits are.

<https://www.youtube.com/playlist?list=PL53nCCeNj-RQDhbjE9LjvnFad-wdB5bw7>

Free Mindfulness Classes For Kids

For the first time, Mindful Schools is offering free, online mindfulness classes for children through Zoom. Kids can join online for mindful activities, mindful movement, read-alouds, and more. [Link](#)