



Tree House Choice Board

September 1 -
September 4



Welcome back to school!
We MISS you! We can not
wait to see you!

Thank you for taking the time to take care of yourselves
and your loved ones while you are at home!

Select any of the activities listed below and have fun learning! Email us if
you have questions: julie.bristol@vansd.org or megan.vanrees@vansd.org

*If the links do not work, try signing in to your student google account. Your
account is: ID#@student.vansd.org eg. (123456@student.vansd.org) and your
password is your 8 digit birthday 10022001*

Choice 1

Why do we lose control of our emotions? Watch this
short [video](#) of explanation.

What happens when we “flip our lid”? What parts of the
brain are not communicating?

What are some signs that you might be getting close to
“flipping your lid” (fists clenched, face hot, heart beating
fast, etc.)?

What can you do to prevent yourself from “flipping your
lid”?

Choice 2

Play a mindful game. Join Ms. Julie in a game of Mindful
[Jungle Movement](#).

Choice 3

Practice taking another person’s perspective.
Sometimes when we are upset, our amygdala takes over,
and we can only see a situation from our point of view.
When we are calm though, we can think about how
another person might have seen a situation. When we
take another person’s perspective, we are using our

prefrontal cortex.

For example, maybe you are upset with a sibling because they will not share with you. Pause to think of as many reasons as possible why they might not want to share. Maybe the last time they shared, the item got broken, or maybe you have chosen not to share with them before, maybe the two of you got into a disagreement, and they are still upset about it, maybe they are tired or hungry, maybe they are not yet done with the item.

Does thinking about another person's perspective change how you feel? Does it change what you might be thinking? Or, does it change how you act? Why or why not?

Choice 4

Enjoy a [Mind Yeti meditation](#) about mindful listening.

Choice 5

Take a joy-seeking walk. Take a walk around your home or neighborhood (remember to keep 6 feet away from other people) and notice all the things that bring you joy. At home you might notice a favorite toy or activity, a family member, a pet, a song, or food that someone prepared for you. On a walk you might notice the joy that comes from the bright sunshine, a fresh breeze, birds singing, or the physical activity of walking.

Whether you walk inside or outside, keep going until you can find at least 10 things that bring you joy. Remember that joy when you feel sad, frustrated or upset.

The
Clubhouse

[Sarah J. Anderson Tree House Website](#)

Request a Zoom meeting or phone call using this [form](#)

Visit us in the [Tree House Zoom](#) for 10-15 minutes on a Tuesday at 11:30-12:30 or Friday at 2:00-3:00.

The hyperlink will take you to the meeting ID and passwords for the meeting.

Tell us how you are taking care of your strong feelings, and tell us a Rose and a Thorn about your day.

Email:

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every other Wednesday