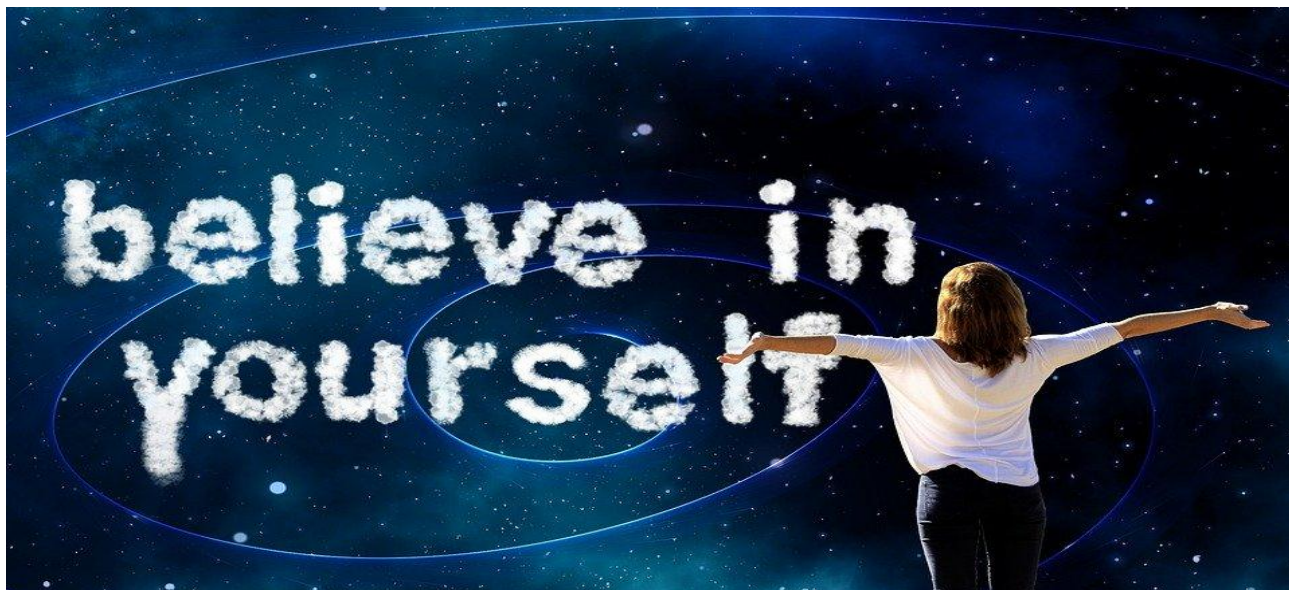




CCS Students Positive Zone

Welcome to CCS Students Positive Zone! Here at the Positive Zone, you will find encouraging and uplifting messages that will help you have a successful day. We also have a lot of fun activities for you to try! Remember to always stay in a Positive Zone and know that you can do anything you put your mind to! Remember to “Zone in” daily for tips and reminders on how to stay encouraged and uplifted!



Keep It Positive:

- You don't have to be great to start, but you have to start to be great.

Activity: Try something new (drawing, sewing, painting, playing a new game, trying a new sport, hula hoop, dancing, jump rope, or anything you would like to try) and practice it. You know what they say, practice makes perfect!



- Make each day your masterpiece.

Activity: Draw or paint a beautiful picture of what you would like your life to be like in the future.

- Keep your thoughts positive because your thoughts become words!

I will always try my best and have confidence in myself

I have the ability within me to achieve anything I want in life!

For everything I haven't got, I've got much more of something else

I attract people to me by the way that I treat them

I will be open to everything that comes my way

I am a unique and special person

I love and accept myself because I am unique and I am me!

I LOVE AND ACCEPT MYSELF FOR THE WONDERFUL PERSON I AM!

My attitude always makes a big difference to my day

Other people love and accept me for who I am

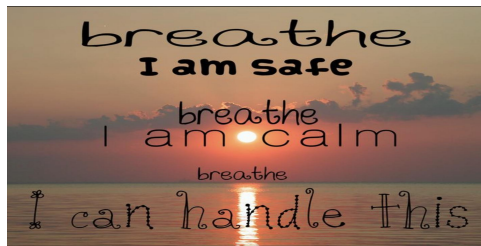
Quick Ways to Calm Down:

Sometimes you'll need a quick way to help you calm down. But, you don't have much with you. These tips will come in handy at those times:

Breathe.....inhale & exhale.....inhale & exhale.....

Imagine your favorite place - it's like taking a mini vacation wherever you are.

- Think of your favorite things
- Name animals alphabetically (alligator, bear, cow, dog, etc...)
- Squeeze Something (play dough, clay, silly putty or a stress ball)
- Get a Cold Drink of Water.
- Breathe.....inhale & exhale!



- Today I place a bubble of happiness around myself and nothing negative can get in. Blowing bubbles will help you practice mindfulness. Be sure to pay attention to the shapes and colors of the bubbles. Pay attention to how blowing the bubbles make you feel. Blowing bubbles can help calm your mood, make you happy, and make you smile! Try making bubbles at home with the activity listed below!

Activity: Mix 2 cups of warm water (distilled water works the best), ½ cup of dish soap, and ¼ cup of corn syrup or glycerin. You can use just about anything to make a bubble wand, but start with these ideas and experiment later. **Plastic cup:**Punch a hole in the bottom to blow through. Dip the large open end into the solution and blow. **Plastic soft drink bottles:**Cut the bottom off the bottle and dip. Use the lid end of the bottle to blow your bubbles.





Self-Care:

- It might be stormy now, but rain doesn't last forever. Remember at the end of every storm, there is a rainbow!

Activity: Make a Rainbow

1. Fill the glass with water.
 2. Put the mirror into the water inside the glass at an angle.
 3. Position the glass so that sunlight shines directly at the mirror. ...
 4. Look for a reflection on the wall. ...
 5. Adjust the angle of the mirror until you see a rainbow on the wall.
- Children and teenagers should take time to relax and unwind especially when feeling sad, bored or anxious about our uncertain times right now. Here is a quick creative activity you can do that will help ease your mind and shift your focus.

Activity: Have kids write different things they enjoy: such as going to the park, playing with the dog, a movie with the family (positive activities) and place each activity in separate envelopes. When your child has a hard day and needs a “pick me up,” they are allowed to pick an envelope and complete the surprise relaxing activity. (Note: make sure these are things that are relatively easy to do and things you usually have on hand.) Teaches: self-care and to take a break.

- You can make a difference in this world. Remember all the times you gave good advice to your friends when they were in trouble or when you said hello to someone in the hall because they looked sad or when you helped another student pick their books while others walked by. You are important and you make a difference.

Activity: We all have cell phones and it's nice to send an encouraging word just because. Text a friend and tell them thanks for being there, you are the best, good morning sunshine, thanks for making me smile, you rock, I'm praying for you, I hope you enjoy your day. There are so many nice words you can say be kind and considered you do make a difference.

- Take care of yourself! Make sure you get plenty of rest, eat a nutritious meal, laugh, smile and enjoy the day. It's all good. Life is worth living so LIVE!

Activity: Treat yourself to a delicious Ice Cream Sundae! Add your favorite toppings such as chocolate, hot fudge, caramel, sprinkles, nuts, cherries, bananas, pineapples, and gummy bears. Just put it all on there. Make your favorite Sundae and enjoy!



- Utilize Food Preparation as a Self -Soothing Activity

Activity: Talk with your parents about any foods that have special meaning to your family. Discuss the size, taste, texture, and color of foods. Recognize the differences between rough and smooth surfaces, salty or sweet tastes, and the odors of certain foods. Talk about changes in foods as you cook them. Compare Before and After.

- Practicing positive affirmations is an excellent way to provide uplifting words and encouragement to our loved ones. Positive affirmations help us feel better about ourselves and it deepens our sense of self-love. Here is a quick fun activity you can do with your family.

Activity: Paper plates are given to each person. Each person draws around his or her hand onto the plate and then the plate is taped to their back. Everyone in the group writes a positive comment about the person on the plate. The comments do not have to be signed. An alternative would be to make paper chains from all the positive comments written about each person and given to him or her to read.

- Practicing gratitude and positive self-reflection is strongly encouraged during these uncertain times. When you practice gratitude and self-reflect on your uniqueness, love for others and appreciation of what you have, you will feel very thankful and grateful.

Activity: Cut strips of colored paper. Have children write one thing that they are good at doing, enjoy, or are grateful for. Glue the strips together in link form. Have the child decorate his or her room with the chain. Teaches: positive view of self.

- Team Work Makes The Dream Work!

Activity: Have students/children/youth team up or team up with your parent(s)/guardian(s) to create/make something. This may include a model car, poster, video, powerpoint presentation, painting, or anything else that can be made as a team. You will need to practice sharing materials, exchanging ideas, reciprocal conversation, team-work skills, and more. Research demonstrates the positive impact of cooperative construction (creating/building together) on social skills. This will improve social interactions.

- Escape the stressors of daily life by practicing Mindfulness Dance.

Activity: Each day choose a Dance Move/ Song for each day of the week. Try doing it for 3-5 minutes. It's quick, fun, and a good way to stay active. Example: Monday (moonwalk, mash potato) Tuesday (Tango, tap) Wednesday (wobble, waltz, worship dance) Thursday (twist, two-step), Friday (Formation, folk dance w/ family), and Sat & Sun - Shuffle, slow jam, salsa, street/hip hop.





Learning:

- The beautiful thing about learning is that no one can take it away from you.

Activity: Read a book for 30 minutes each day. Find a comfortable place at home or outside to kick your feet up and enjoy a fun book to keep your brain growing.

- Now is a great time to enhance your creative skills and abilities. Always remember you are smart, brilliant, talented and intelligent. While spending quality time with your family, be creative by making your own family game by incorporating positive words of affirmation. Here's an example of a creative game.

Activity: Big Board Bingo: Almost every game is better when it's played faster, or in this case, bigger. Using poster board paper or even taping smaller sheets of paper together, create giant bingo boards. Be sure to write positive words of affirmation in each bingo space. Then, you and your family members can decide what items you want to use to cover the spaces: toys, stuffed animals, school books, etc.

- Having some fun and being creative is a great way to de-escalate stress and enhance your ability to bond and interact with your family. Here is an example of a quick fun activity.

Activity: Magazine Scavenger Hunt: Give each person a magazine. Shout out things for them to search for in their magazine- a person in a park, a dog, a boat, etc.). The first person to find it wins a point for that round.

- Continue to strengthen and stretch your mental capacity. Keeping your mind in a state of learning and positive thinking, will enhance your ability to continue growing and developing yourself. Here is a quick family activity that will sharpen your thought process.

Activity: 60 Seconds-25 Words: Take turns trying to name 25 words that all start with the same letter. No proper names or places, and you can't pluralize (turn, turns). This is much easier said than done!

- Mancala Game (Make & Play)

Activity: Make a mancala counting game with an egg carton. This Mancala game egg carton craft is a lot of fun for kids and will keep on giving. Use this craft as an opportunity to teach your kids about patience, repurposing, saving money, following game directions, counting, and increasing social skills. Build your own DIY Egg Carton Mancala board game with items (egg carton, marbles, jelly beans, beans, or small stones) that you have at home.



- Every experience is an opportunity to learn more. You got this kid! Just keep learning and keep growing, keep showing the world you got what it takes. NEVER underestimate the mind of a child.

Activity: You decide what to bring your family in near or far. For those that are far, connect with them through FaceTime, WhatsApp, Skype, Google Hangout, Facebook Messenger, Zoom or whatever app you have. Have a game night, watch a movie, or watch your favorite game show. Use your mind and make it fun you got this kid!



- You are Cumberland County Strong and we will get through this together separately! Keep your head up you are doing fine and know this We here at Cumberland County Schools are PROUD OF YOU!

Activity: Be creative, let's bring the outside inside. If you like camping or you never been camping today is the day. Build your tent with your favorite pillow, blankets, chairs and best of all snacks. Make sure wherever you build your tent, it's in front of the TV that's the best part of it all. Don't forget to turn off all the lights, use a flashlight and tell your favorite story. Have fun and don't forget the popcorn.



- “Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.” By Christian D. Larson

Activity: Make something cool that you can enjoy over and over again. No need to go out you can use the things you have in your home. What's so cool you guessed it's a Lava Lamp it's so cool to make and watch. Items needed empty soda bottle, alka seltzer, food coloring, oil (baby oil, veg oil, mineral oil), glitter. Clean the bottle ,add oil about $\frac{3}{4}$ fill with water, add food coloring (if you don't have it don't sweat it), break up and add alka seltzer, add glitter, shake and there you go place it on your phone using the flashlight feature. Enjoy!

- Plan an Indoor / Outdoor Scavenger Hunt (Great for all ages)

Activity: If you can't leave the house, now is the time for an indoor scavenger hunt. This can be tailored to any area in your home (Kitchen, bedroom, backyard). Compose a list of items (be creative) and place them in “ kid friendly” safe places in your home. Have a story / meaning for each item found and discuss with your family.

- Go outside and enjoy what nature has to offer. Nature is pretty amazing and our life is amazing with nature. Listen to all the birds chirping, just a lovely melody. Look at all the beautiful trees and the blue skies, what a beautiful sight. Enjoy nature! Below there is an activity that can help you connect to nature and give you a science lesson at the same time!

Activity: Dig into soil science! Nobody is too old for mud pies, but if your older child wants to dig a little deeper try some soil science. Soil is made up of a mix of things like minerals, organic matter, small rocks, fungi and bacteria. Learn more about the soil near your home by filling three clear quart sized (1 L) containers with about a cup of soil from three different outdoor areas. Top the jars with clean water and let the soil settle for a few hours. Once the soil has settled have a look. What do you see? Why do you think this happened? Try adding a seed and grow something to add more fun! Get curious!





Daily Positive Affirmations:

- You learn more from failure than from success. Don't let failure stop you, failure builds character.
- Always believe in yourself, even when it's not easy.
- Believe you can and you're halfway there!
- Providing and receiving positive compliments is a great way to continue engaging in healthy conversations with your family and friends. When you hear your child tell someone "it was nothing" or "it's no big deal" after doing a good deed, make sure to talk about why it is a big deal and not let them discount a compliment. Every day extraordinary events need to be celebrated to instill good values as well as build self-esteem in children.
- Always believe that something wonderful is about to happen. Thoughts become things, nothing is never too big to imagine or dream!

- Why fit in when you can stand out! You are the best you can be when you are your true self!
- My confidence grows when I step outside of my comfort zone.
- The more I let go, the better I will feel.
- I accept myself for who I am.
- I am open and ready to learn new things.
- Be a pineapple: stand tall, wear a crown, and be sweet on the inside.
- You are so worthy of a beautiful life!

Activity: Create an Intention Board! Grab a poster board, canvas board, cork board, or whatever you can find around the house to use as a board. Together with your parents, draw or find pictures which describe your values, things you would like to achieve, and what you would like to become. Be sure to include positive things that you believe about yourself and new things that you would like to learn.

