

MindCloud



By GenerationTextOnline.com

Narrator: Human beings are social by nature. Social connection is essential to nearly every aspect of our health and well-being therefore being separated from our families, our friends and our community has a negative effect on how we feel. If you are feeling down or unmotivated you are not alone.

Narrator: Today our goal is to help you to see how you can make yourself feel better by getting socially connected.



Narrator: On the next page is an image of a body with a tank inside of it. Imagine this is your body and that tank is your happiness tank. When your happiness tank is full, you feel great and you are motivated. When your tank is low, you don't feel great, maybe you feel tired and unmotivated.

Narrator: Write your name at the top of the body.

1. Take a pencil and shade in how full/empty your happiness tank is right now.
2. On the left side of your body write the things you miss about being able to be with other people. What are the things you used to do that had you connected with others each and every day?
3. On the right side of the body, write ways you can get connected with others, even though we are social distancing. How can you connect with your classmates? Can you email them? Can you call or text them? What about your teacher, how can you connect? Think about your family. Can you call or video chat with them? Can you make videos and send those videos to each other? Maybe you could read a book on video and send it to one of your younger relatives?
4. Share the ways you are staying connected with your teacher. Perhaps one of your friends will share a way they are staying connected that will give you some good ideas.

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