

CHOICE BOARD

Choose one (or all) of the following activities to support your social-emotional health!

Guided Gratitude Meditation

Find a comfy and quiet space where you can focus and follow along with this guided meditation led by Tania Joy Antonio, author of The Affirmation Station: (<https://youtu.be/AEhgwHIGmsM>).

By doing a grateful meditation and looking inward to find things you like about yourself, you can boost your self-esteem and have a happy, healthy, grateful heart.
#ChooseLoveMovement

Design a “You” playlist

Think of all the songs that put you in a good mood or remind you of memories/experiences you are fond of.

Design a playlist of 10-20 songs with songs that instantly improve your mental health and make you want to dance! Bonus: Take it a step further by sharing and/or exchanging these songs with people in your circle

Create Your Future

Think of one thing that is missing in your life now that you would like to have in five years. Draw or write about it and answer the following question.

What can you do today to make this happen?

De-escalate Emotions

- 1) Deep breathing - if you feel yourself getting tense, take three deep breaths
- 2) Use positive self-talk - “slow down; you can do this”
- 3) Reframe the situation - “he seems to be ignoring me but maybe he’s just busy”
- 4) Take a time out - if you feel out of control, go to a place where you can be alone, cool down and think

“I Am” Self Portrait

Reflect upon your own amazing character traits that makes you unique.

Using your own creativity, draw an outline of the profile of your face on a 8-1/2 by 11 sheet of paper. Then write as many powerful statements about what makes you so amazing and unique. Post your drawing up on your bedroom wall so that it is visible to you every day.

Write a Thank You Note

Think about someone in your life who has brought you happiness and reflect on how they have brightened your life. Write a note, thanking them for all that they've done for you. Take a picture of the note to remind yourself not to take that person for granted.

By expressing your gratitude, you are deepening your relationship with this person.
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Vision Board

A vision board is a collage of images and words that you should display in a prominent place to remind you why you do what you do every day; images and words that spark your motivation and remind you of your values, goals, or dreams.

Create a vision board that you will be able to keep and look at it every day.

Words that Help

Search words that inspire you. Write some favorite quotes. Choose a quote that seems most relevant to the problems you are facing now. What is the problem that these words can help you with? Write something else you could say to yourself that could help you with this issue.

Self-Care Reflection

Take out a pen and a piece of paper, or open a Google Doc, and journal for 5 minutes using one of these prompts.

- 1) How do you ask for help or support when you need it?
- 2) How do you practice self-love and self-kindness?
- 3) How do you calm your nerves in a difficult situation?