



FJUHSD HOLIDAY RESOURCES 2021



What can Help Me?

Here is an SEL driven exercise you can use to assess student wellness and have them consider specific strategies that will help.

Google Slides

or PDF



Tips For the Holidays with Grief



There is permission to have grief during the holidays. Here are **10 tips** on how to take care of yourself and honor those you care about.


Gratitude Improves Wellness



Giving thanks can positively change our mood, our mind, and overall energy. Here are **sheets** you can use to share messages of appreciation to loved ones. Type in a personal message and deliver it to your loved one. This exercise can be done individually or in a group/class.

Community Resources: Food, Events, and Health

Click on **this flyer** that provides several options for students and families to enjoy.



PLEASE VISIT OUR VIRTUAL CALMING ROOM
FOR ADDITIONAL COPING SKILLS



YOU MATTER. HERE ARE RESOURCES IF YOU
ARE IN CRISIS.

