

Hello, Rangers! Below is week two of your virtual guidance lesson! This week's lesson focuses on positive mindset and building resiliency. Our mindset is how we think about things and situations. You're probably wondering.... What is resiliency? Resilience is having the ability to adapt and also being able to recover from difficult times. Right now we are living through this pandemic and we are adapting the best way we can by staying home and being super careful. Although it's hard, we are getting through it, and as it gets better, we will be able to go back to the way things used to be. That's being resilient.

This lesson will show you how to reframe negative thoughts into positive thoughts so that we are able to push ourselves through the struggles. What I need you to do is click on the link below and complete the activity on mindset. If you are in grades K-2 complete the activity on the left, if you are in grades 3-5, complete the activity on the right.

Parents, as part of this lesson there's also a section of recommendations of things you can do to help your child build resiliency. Remember, when things get tough, you don't have to do it on your own, reach out for support when you need it, try different strategies, or take a break and come back. Have a great week and be on the lookout for next week's lesson!

Be sure to click on the lesson activity for Week 2 ☺.