

Dear Students,

This is a very uncertain time in our country's history. Like many of you, I'm unsure of how things will progress. I'm thankful that in this tough time we have each other and our respective family, friends, pets, memes, and anything else that brings you peace during this time.

During the next two weeks, if you need help at all, whether school-related or otherwise, please do not hesitate to reach out to me via my CPS email address: [ajweldon@cps.edu](mailto:ajweldon@cps.edu), or contact me through classroom.

I've posted an assignment that I think could be something helpful to pass the time. I'll enter it as a replacement or extra PI attempt (depending on your need). I will also post follow-up activities if this drags out. In addition, I'll make sure to regular video updates and work on casting some examples to classroom as needed (feel free to post questions!).

If you cannot do this work or want something non-CS related, I suggest completing at least one of the following self-care assignments instead / in addition.

#### **Self-Care Activities**

1. Do meditation 5-10 minutes per day. Log it. Write how you felt before and after.
2. Write in a journal daily on what is going on and how you are feeling. Also, make a list of 5 things every day you are thankful for and that make you happy.
3. Write a narrative essay on the best day of your life
4. Every day, choose 5 objects you see in your house. Describe each of them in as much detail as possible, with at least 5 details for each. (This is a technique therapists teach to reduce anxiety).
5. Read this Psychology Today article and complete 2 of the suggested calming strategies.  
<https://www.psychologytoday.com/us/blog/divorce-course/202003/5-steps-stay-calm-during-pandemic>
6. Ask your family members to teach you something you don't know how to do such as do the laundry, cook their favorite family recipes, count money, do taxes, or change oil in their car.
7. Ask your family members, especially parents, grandparents and elderly family members to describe an important story from their past, such as how your parents or guardians met or their most important memory as a child. Then, write down their story in as much detail as possible.
8. Write at least a 2 page paper on "resilience" and provide 3 examples of major historical events where people were resilient. Describe the events in detail.

Again, please feel free to reach out to me at [ajweldon@cps.edu](mailto:ajweldon@cps.edu) if you have any questions. I am here for all of you and I will do my best to help you.

Please be safe and extra cautious if you do need to go outside in the next two weeks.

-Mr. Weldon