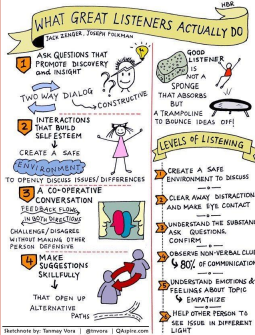


[4Cs rubrics](#)

Virtual Field trips shared by readers Michele, Luke, and Ben: <https://www.titlemax.com/articles/road-trip-from-home-virtual-field-trips/>

| STEMy stuff   | Social Studies   | Arts/PE/SEL  | ELA   | Other  |
|---|--|--|---|--|
| <p><a href="#">Physics and Map activity</a></p> <p><a href="#">Determine the speed of the caterpillar</a></p> <p><a href="#">Cool Makey Makey idea</a></p> <p><a href="#">Women in STEM</a></p> <p><a href="#">Water in the US</a></p> <p><a href="#">Pumpkin and Gourd Makey Makey</a></p> <p><a href="#">Paper Circuit fish</a></p> | <p><a href="#">Teaching about Thanksgiving with Truth and Integrity</a></p> <p><a href="#">Native Land map and info</a></p> <p><a href="#">Teaching kids about Indigenous heroes</a></p> <p><a href="#">Financial Literacy</a></p> <p><a href="#">Women in the Mexican Revolution activity</a></p> <p><a href="#">Indigenous People's Museum using Minecraft</a></p> | <p><a href="#">Move with it Teacher Created music</a></p> <p><a href="#">What great listeners do</a></p>  <p><a href="#">Empathy Map</a></p> | <p><a href="#">Become a Scholastic influencer!</a></p> <p><a href="#">Levar Burton's new book about imagination</a></p> <p><a href="#">Authentic Learning in High School English</a></p> <p><a href="#">Build the story structure!!!!</a></p> | <p><a href="#">Making SS and ELA inclusive</a></p> <p><a href="#">Canva templates you can use in class</a></p> <p><a href="#">Top 40 Edtech Tools</a></p> <p><a href="#">Cross Curricular Virtual Field trips</a></p> <p><a href="#">AMAZING review game- no Tech involved!</a></p> <p><a href="#">Visual learning choice board</a></p> <p><a href="#">60 Exit Tickets for teachers</a></p> <p><a href="#">From Experience to Creation with AR/VR</a></p> <p><a href="#">Creating online assessments</a></p> <p><a href="#">Tech Tools for Accomodations</a></p> |

# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

@BELIEVEPHQ

## WORRY TIME

Set aside a time each day for your child to worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them.

## THOUGHT CHALLENGING

Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones.

## BEING PRESENT

Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.

## ACTIVITY PLANNING

Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities.

## TALKING ABOUT FEELINGS

Why not create a time each week where your child can speak to you about their thoughts and feelings.

## 3 GOOD THINGS

Before bed spend some time with your child to identify and write down three good things they achieved from the day.

## WELLBEING

Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep.

## IMAGERY

Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way.

## THOUGHT TESTING

Try setting out some simple activities to help your child test out the validity of a thought.

