



## NAVIGATING VIRTUAL SCHOOL CAN BE TRICKY FOR EVERYONE! HERE ARE SOME STRATEGIES - TRY OUT 2 OR 3!



**1.** Set limits on watching and reading the news.



**2.** Get some fresh air! Go for a walk or open your windows for a few minutes.



**3.** Unplug and spend some alone time - children and adults can benefit from some time off line and even a few quiet minutes in your yard or bedroom.



**4.** Practice gratitude. Life is super challenging right now, but there is a lot to be thankful for. Take a minute each day so say or write one thing that you appreciate.

