

— SUPPORT FOR LEARNING —
Social Emotional Wellness
SNAPSHOT

We know that December and the transition to the holidays can be particularly challenging for some of our families. The team has included valuable resources and ideas to support.

December 2020 Middle Snapshot

HOW CAN YOU THINK
ABOUT **STRESS** DIFFERENTLY?
SNAPSHOT

I HAVE SO MUCH HOMEWORK!
I'M SO STRESSED!

A LITTLE STRESS CAN BE A GOOD THING. IT CAN MOTIVATE ME AND GET ME MOVING!

IN DAILY LIFE A CERTAIN AMOUNT OF STRESS IS NORMAL...

IF YOUR STRESS NEVER GOES AWAY ASK FOR HELP FROM A TRUSTED ADULT!

One Learning Community December 2020 Greater VICTORIA School District

[Taking Care in Difficult Times: Managing Emotions During the Pandemic](#)