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**BELIEVE IN
YOU**

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INTRODUCTION

COVID-19 has had a sudden and overwhelming impact on our schools, our students, and our communities. Our hearts are breaking for students who have become separated from the friends, teachers, and coaches who provide critical support systems for both physical and emotional health.

In a time of social distancing, we are all searching for ways to connect with each other in safe and meaningful ways. The companies of Varsity Brands would like to help in any way that we can.

Over the coming weeks, we will be repurposing the *Believe In You* video series to help educators and parents address the current COVID-19 crisis with their students and children. Each week, we will post one episode from the BIY series with new Social and Emotional Learning journals focused on the following Social and Emotional Competencies:

- identifying emotions
- maintaining optimism
- self-regulation
- empathy
- social engagement (while practicing social distancing)
- relationship building

This work will be done through reflective journaling.

To teachers and parents: Thank you for working to support and develop our nation's young people in this unprecedented time of challenge. It is our hope that the *Believe In You* resources will act as a tool in your toolbox as you provide love and guidance to your students.

We will rise again — together.

Please note: Each week, this document will be updated to reflect the additional resources being published.



Season 2 | Episode 1
Paradise High School

Instructions: Watch [this video on YouTube](#) and then answer the questions below.

[Writing Prompt 1] When their community had to face the unexpected tragedy of a devastating fire, the students of Paradise High School talked about having a mix of emotions. Some of those emotions were difficult to describe.

Create a list of words or phrases that can help describe your emotions and how you feel about this extended time out of school.

[Writing Prompt 2] We often lean on our friends, teachers, and family members when we feel stressed, scared, or confused. But it's also important to practice safe social distancing. Think about friend and family members who might need to lean on you now.

List 3 things you can do to support friends and family while also practicing safe social distancing.

[Writing Prompt 3] One important trait of great leadership during a challenge is the ability to communicate optimism to others.

List 3 ways that we can help our friends and family members stay optimistic during this period of social distancing. Focus on what we can be grateful for and what we can look forward to in the future.