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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.



A Special Message from Kevin Atlas

We're In This Together

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

[Writing Prompt 1] It's okay to be frustrated. It's understandable to be upset. However, school closings and cancellations are completely out of our control.

Think about the things that you do have control over – like how you spend the time you have right now. Create a short list of ways that you can better yourself through focused practice or independent study.

[Writing Prompt 2] It takes 21 days to develop a habit. We can use this time to start developing healthy and productive habits.

List 3 behaviors that you can begin today that will help you develop a good habit.

[Writing Prompt 3] Right now, the people that we care about need to feel our love and appreciation.

Write a short note (280 characters) to someone who has supported you. Let them know that you're thinking about them and that you are grateful that they are a part of your life.

Now, you have 2 choices.

Choice 1: Use the #believeinyouchallenge and tag that person on social media with your message of gratitude.

Choice 2: Send them a text, email or snail-mail with your message and some extra heart emojis! ❤️ ❤️ ❤️ ❤️



Season 2 | Episode 2

Houston Kraft

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

[Writing Prompt 1] As we practice social distancing in this fight against Coronavirus, how can we join Kevin and Houston and become Soldiers of Kindness? This week we're going to take ownership of kindness and collectively decide to create a culture of kindness that will continue when this crisis is over.

What is 1 thing that you can do to take ownership of kindness in your home?

What is 1 thing that you can do to take ownership of kindness with your friends online or on social media?

[Writing Prompt 2] Think of a classmate who you haven't communicated with in a while, but who you respect and appreciate. Take 5 to 10 minutes to write out a genuine compliment that you can give to them – a compliment that is meaningful and specific.

Write the compliment below.

[Writing Prompt 3] Think of a teacher or coach who you haven't communicated with in a while, but who you respect and appreciate. Take 5 to 10 minutes to write out a genuine compliment that you can give to them – a compliment that is meaningful and specific.

Write the compliment below.

Now, send the 2 people above their compliments. Do this without expectation of something in return. You are a Soldier of Kindness. Use #believeinyouchallenge online.