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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.



Season 2 | Episode 3

## Colm Dillane

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

**[Writing Prompt 1]** Self-awareness includes the ability to identify our emotions and then being able to recognize what is causing those emotions.

Think about the positive emotions that you've had since school closings began. List 2 or 3 things that caused those positive emotions.

**[Writing Prompt 2]** Next, write 2 or 3 sentences describing what you can do to help create more of those positive emotions – for yourself, for your family and for your friends.

**[Writing Prompt 3]** In episode 3, Colm Dillane shares his desire to make the best out of every situation. Oftentimes, this is done through shared enthusiasm. School closing are not fun. Missing our friends and school events isn't what any of us would hope for. However, with a focus on positivity, we can make the best out of this situation.

Write an enthusiasm plan for the week. Include the following: 1) What will you be enthusiastic about (a project, a new skill, etc.)? 2) How will you share your enthusiasm with others?

share your enthusiasm on social media using #believeinyouchallenge

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Season 2 | Episode 4  
**Samantha Pesceck**

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

**[Writing Prompt 1]** Setting and achieving your goals takes self-management skills.

Write your definitions for the following self-management concepts.

- Self-Motivation:
  
- Self-Discipline:
  
- Goal-Setting:

**[Writing Prompt 2]** Right now, the circumstances of the COVID-19 Pandemic are creating challenges for all students and professionals. Choose one of the terms above and write / describe how you will use that concept to stay focused on your goals.

**[Writing Prompt 3]** In episode 4, Samantha Pesceck describes the circumstances of her injury that could have caused overwhelming self-doubt and regret. However, she overcame the challenges of her injury to come back and become a National Champion.

Write a self-discipline plan for the week. Include the following: 1) What goal are you going to work toward this week? 2) Create a daily schedule that includes focused time for you to work toward your goal.

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Season 2 | Episode 5  
**Nicholas Ferroni**

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

**[Writing Prompt 1]** Nick Ferroni give his all to his teaching. In your own words, write a definition of *giving it your all*.

**[Writing Prompt 2]** Nick Ferroni does an exercise with his students that makes them think about and defend their right to express their individual identities. Give 1 example / element of your own personal identity and write 3 sentences explaining why you believe it's important for you to be able to express that part of who you are.

**[Writing Prompt 3]** COVID-19 and extended school closings are a part of history that we will all remember. During these past weeks how have you been able to maintain and express your personal identity? Give 1 example below. Then, explain why you believe that it's been important for you to find a way to express yourself during this time?

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Season 2 | Episode 6  
**Ken Nwadike Jr.**

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

**[Writing Prompt 1]** In a time of social and physical distancing we have to find new ways to show people we are there for them and care about them. Create a list of 6 safe things that you could do to show the people you care about that you're there with them.

**[Writing Prompt 2]** Ken and Kevin meet a young man in a homeless shelter that was an amazing piano player. Kevin reminds us that you never know where great talent will be found. You have great talents too and when you develop your talent through hard work, you're giving a gift to the rest of the world. It's time to make a 2-week commitment to that talent. Write one of your skills, abilities, talents that you will work to develop over the next 2 weeks (and beyond).

**[Writing Prompt 3]** Ken took action to make the world a place of love and belonging. He chose to live his truth. Ken simply showed up to a running race and provided free hugs. Pretty simple.

What is one simple thing that you can do to use your talent and take action today, tomorrow, and the next day that can help you live your truth and make the world a better place?

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Season 2 | Episode 7  
**Elise Swopes**

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

**[Writing Prompt 1]** The past couple of months have been a reality that none of us would have chosen. In Episode 7, Elise Swopes reminds us that practicing positivity and staying healthy is essential to reaching your long-term goals. List 2 things you're doing today to stay positive and healthy.

**[Writing Prompt 2]** Even when things seem out of your control, there are opportunities to begin creating the person that you want to become. Imagine yourself 6 months in the future. Describe one major improvement you've made during that time and how you feel about your future accomplishments.

**[Writing Prompt 3]** Finally, list 2 things you will do tomorrow to begin building this future version of yourself.

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Season 2 | Episode 8  
**VIN BAKER**

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

**[Writing Prompt 1]** Vin Baker talks about the importance of staying humble. One of the most powerful things you can do is ask for help when you need it. List 2 or 3 people in your life right now that you can ask for help when you need it.

**[Writing Prompt 2]** As our communities and schools rebuild after the COVID-19 shut down, it will be important to both ask for help and give support and assistance to others.

List 1 area in your life in which you'll be courageous and ask for help.

List 1 thing that you will do to support your family and friends.

**[Writing Prompt 3]** Like with most difficult things in life, it's good to approach constructive behaviors with a plan. Use the space below to write a script that you could use to ask someone for help.

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