



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! ❤️ ❤️ ❤️ ❤️