

Attention Edison Middle School Students

**STAND UP.
LOOK AROUND.
THERE ARE PEOPLE
WHO CARE.**

Edison Middle School students and staff will be participating in 15-minute activities over the next few days. The focus will be on resiliency and how to cope with stress. The following activities will be taking place.



FRIDAY

Watch the "Speak Life" video and discuss with peers. Conversation will also focus on how to positively handle difficult scenarios. Each student will receive a card with healthy coping strategies and emergency numbers to contact if they are in need of help.

www.youtube.com/watch?v=aVjU3Tjw7L4&disable_polymer=true



MONDAY

Watch video on how to replace negative "Automatic Thoughts" and discuss with peers. Complete the "Record, Rationalize, Replace" activity that focuses on replacing negative thoughts with rational thoughts.

www.youtube.com/watch?v=m2zRA5zCA6M



TUESDAY

Watch the "Resiliency" video and discuss with peers. Students will also participate in identifying stress busters and how to bounce back when things happen in their lives.

www.youtube.com/watch?v=KF2hQ0XLf6U

