BSD Wellness Check In May 2020 Week 1
This song is dedicated to
Every Brandywine School District Teacher
"Good Job" by Alicia Keys

Good Job by
Alicia Keys

(Click the link to listen)
Welcome to the Brandywine School District Wellness Check-in Session for BSD students, staff, and families. As May is Mental Health Awareness Month, each Wednesday, the BSD Trauma/SEL Team will be sharing a weekly self-paced session designed to inform our students, educators, and families about health and well-being. This is an opportunity to engage in strategies that will help to keep our school community well during times of crisis and trauma.

✓ What do we need to know to be healthy and well?
✓ What does well being mean to you?
Let’s Be Mindful

**Elementary**
- Kids Meditation: Butterfly Body Scan
  - Video length: 5:15

**Secondary**
- Lesson 1 - Mindfulness Basics
  - Video length: 3:35

**Staff**
- CASEL CARES: Building Resilience to Support Ourselves, Others, and Our Students
  - Video length: 50:22

**Families**
- Family De-Stress Sessions
  - During this Zoom Link live session, Gill will lead you through a sequence from our Mindful Movement / Virtual PE Class. Dress comfortably and join us to get your day started!
  - Mondays and Wednesdays at 9 a.m.
Let’s Get Up & Move

**Elementary**
- Health Moves Minds! - May Mind & Body Calendar

**Secondary**
- NEW WELLNESS DANCE TUTORIAL
  - Video length (11:44)

**Staff**
- 20 MIN WORKOUT / No Equipment | Pamela Reif
  - Video length (20:20)

**Families**
- Health Moves Minds! - May Mind & Body Calendar
Ways to Wellness

**Elementary**
- *Why We Stay Home: Susie Learns about Coronavirus*
  - Book length: 10 pages

**Secondary**
- *The Gratitude Experiment*
  - Video length: 4:43
  - Worksheet to video
    - Gratitude Experiment 3-Parts

**Staff**
- *Dear Educators - Don’t Quit*
  - Video length: 12:20

**Families**
- *We All Have Mental Health*
  - Video length: 5:39
Wellness Check-In Survey

We hope that you enjoyed this week’s BSD Wellness Check-In. Please take a moment to complete the survey.

BSD Proud!

BSD Wellness Session Feedback May - Week 1
Student Survey

BSD Wellness Session Feedback May - Week 1
Staff Survey

BSD Wellness Session Feedback May - Week 1
Family Survey

16 Great Schools  ●  1 Strong Community