

Thinking of You Thursday

Hello Wonderful HHS Students!

This is your weekly edition of the Thinking of You Thursday Newsletter. The theme this week is positive friends. With all the social distancing requirements, maintaining friendships is truly a challenge. Hopefully the ideas will give you some creative ideas about how to stay connected with friends in a new way.

Have a great week...Mrs. Flaming



MORNING

- Text 3 friends a picture of your morning cup of coffee.
- Invite friends to download the [LongWalks App](#) for guided group journal entries to keep in touch with how you're doing mentally and emotionally.
- Learn a few moves and lead a yoga or workout class via FaceTime, Zoom, or Instagram Live.
- Post a #whathelpsus Instagram story about what is helping you with Anger, Anxiety, or Depression during COVID-19! Tag 10 friends and challenge them to do the same.
- Create a Tik Tok dance about what's giving you strength, and challenge your friends to do the same!
- Challenge a friend to a laugh-off. Send a Marco Polo, video, or voice message with your best laugh, and follow up with, "Tag, you're it!"
- Kindness to Comedy: send a positive message to a group text of friends, then follow it with a hilarious meme, GIF, or video.
- Write an old-fashioned postcard or letter to a friend and send it in the snail mail. "Just sayin' hey!"

AFTERNOON

- Ask your Positive Friends to subscribe to a daily text from you. Subscriptions could include dad jokes, cute animals, funny babies, memes, etc.
- Cribs COVID-19 Edition: give your friends a tour of your house or room!
- Start a neighborhood scavenger hunt.
- Marco Polo an old friend.
- Watch a makeup tutorial on Youtube with a friend and then try to recreate the look. Facetime each other to show the end product!
- Challenge your friends to see who can get a [QUINGO](#): Sources of Strength Quarantine BINGO!
- Make a virtual care package for a friend with online cards, poems, or animal videos. Include a personal note about what you enjoy about them.
- Host a virtual coffee house on Zoom to discuss how you are leaning into your strengths during quarantine.

EVENING

- Eat dinner with your Positive Friends on Zoom or Facetime.
- Make a shared playlist with friends on Spotify.
- Send someone who may feel less connected a text or Marco Polo asking them how they're doing and wishing them a good night.
- Share your Nintendo Switch player code or your favorite gaming code with a friend and battle it out!
- Host a virtual trivia night where participants text the "host" their answers.
- Host a virtual games night on the [HouseParty App](#)!
- Share your Netflix password with a Positive Friend.
- Host a long distance movie night with friends on [Netflix Party](#). After the movie, pick a character and talk about what strengths they showed and what strengths they could have taken better advantage of.

<https://www.longwalks.com/>

<https://houseparty.com/>

<https://www.netflixparty.com/>

quarantine bingos!

take a 30 minute social media break	hydrate! ($\frac{1}{2}$ your weight in ounces per day)	breathe in some fresh air	draw the people, places, + things that give you strength	do a yoga or workout class online	learn to bake or cook something
read a good book	up to you! What did you do? _____ _____ _____	write down 3 things you're grateful for	tell someone you love them	take a shower or bath	Practice box breathing in for five hold  hold out for five
Add the National Lifeline to your phone: 1-800 273 8255	look up videos of baby animals	make a cup of tea (or 1 for a family member)	organize a cluttered place in your home	journal or write a poem	eat a meal together—even over video
get out of your pjs and put on a favorite outfit	take your meds + remind others to do the same	check in on a neighbor	up to you! What did you do? _____ _____ _____	try a new hobby	do a puzzle or play a game
move your body and stretch	sing or dance (the shower counts!)	listen to fun or calming music	write a card of appreciation to someone	donate \$ online to a local food pantry	email a note of thanks to first responders—nurses, police, firefighters in your area
check in with someone about how you're both feeling	up to you! What did you do? _____ _____ _____	create a secret code + write a note to someone else	watch a really good movie	make a good old fashion pillow fort	check in with your mentor by phone or email