

# Tips for Self Care

"I like to take hot showers and brush my teeth so that I feel refreshed for the next day."

**JAMYKAL JONES (7)**



"Every night I take a shower, wash my face, and brush my teeth to wind down."

**LAILA ROSS (6)**



"I like to relax by watching Netflix and sleeping after school. I also listen to music on the bus on my ride home as the way to decompress."

**DIYA PATEL (8)**



"Sometimes I go to a nearby park and walk my dog. I think self-care is important because it can make you a better person later in life."

**ANDREA ROMAN (8)**



"When practicing self care, I take really long showers and I wash my face a lot. Also, I always have hand sanitizer and lip balm with me."

**KAT DUENDE (8)**



Photos by Georgia Eckels

**GO, GO, GO** Sprinting to finish her yearbook poster first, and win the race, Robin Little (8) goes to her groups table. "I was telling my table group what to draw after I saw it out in the hall. We had limited time and I was trying to be quick," said Robin Little (8).



**GOTTA HAVE TRUST** With one student acting as blindfold and guide to another, students race through an obstacle course. The activity was a fun way to practice trust and team-building early on in the school year. "I trusted that she wouldn't let me fall, but it was still a little scary to not be able to see," said Lane Sepehri (8).

**FOLLOW THE LEADER** Practicing communication, Allison Bergh (7) and Peyton Phan (6) try to recreate a drawing that neither one have ever seen. Some games challenged students to take on leadership roles, "We each had different roles, and I was supposed to be drawing. It was a really fun and unique Day Of Good," said Peyton Phan (6)



**THE JITTERBUG** Practicing the Jitterbug dance, Shania Nixon (8) and Amarie Arzola (8) cut a rug. When they hit a Day of Good that no one had signed up for, Ms. Scott asked the students in the school musical to teach yearbook staff one of the dances from the play. "It's hard to come up with something on the fly, but it's worse to break the cycle of fun," said Ms. Scott.



# every DAY MORE GOOD

Yearbook staff models how to maintain a work / life balance with Days of Good

It's no secret that strange things happened in yearbook. With high stakes work, students found themselves stressed because not meeting deadlines meant no yearbook.

With such a daunting task ahead adviser Kristen Scott created a team culture that appealed to her students, adding a new component called: Day of Good.

"Over the summer I attended a workshop that really inspired me. I know that if I'm going to ask my students to give so much of themselves, I have to be willing to give back, and make the work fun," Scott said.

The Day of Good required that each student bring in either an activity, food, or motivational video to share with the class.

The goal was to keep the vibe of the class both light and relaxed. "I like the day of good because it gives us something to look forward to whenever we go to yearbook. I always love it when my classmates bring treats, such as brownies or cookies," said Georgia Eckel. (8). Typically, the activities were games or treats however sometimes they had deeper meaning. On the day students were assigned their roles on yearbook staff, Ms. Scott made scratch off lottery cards that revealed how their jobs.

"Getting to scratch off the cards made it so much more exciting than having her just hand out a sheet of paper," said Adele Tversky. (7)

Story by Sofia Castano



**INSPIRATION** Visiting speaker and the source of Ms. Scott's inspiration, Mary Latham, founder of More Good visits with yearbook staff to share the power of good.

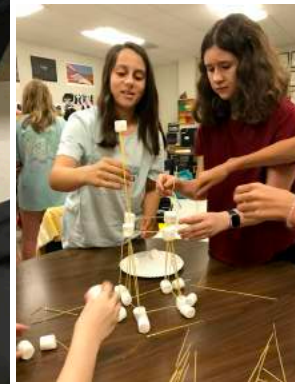
## IT'S A RAT RACE

Gasping as her mouse dashes to the finish line, Jaynie Lee (8) participates in Yearbook's Day of Good. This year, yearbook has been trying to keep the class light and fun so that everyone has a good time. "I like the rat races, where we all take electronic rats and race them," said Jaynie Lee.



## SPAGHETTI DINNER

Making a tower out of marshmallows and spaghetti, Clara Kreeger (7) and Amelia Coleman (7) figure out a strategy. The activity was one of a number of structural activities, that model a challenging task and the use of creative problem solving to complete.



**HOT AIR** With a mountain of balloons, Kayla Le (8) works with her team to create the tallest balloon tower. The game was the first official Day of Good activity, because it was the first one that students were responsible for, "Ms. Scott did the balloon tower activity with us last year, so we wanted to let the new staff members do it too," said Sophie Gershon (8). Photographs by Kristen Scott



"I despise avocados and eggplant" - ISABEL LIU (6)

"I collect other people's teeth" - MAC DIAMOND (6)

"I can't live without food/hot Cheetos" - BRYANNA GARCIA (6)

"I'm good at archery" - DAVID KILDAY (6)

"Someday, I wanna be a doctor" - ARJUN BIRAJDAR (6)

"I'm obsessed with Takis and Gatorade" - LORENA HERNANDEZ (6)

"I enjoy listening to Hamilton" - JACOB REIMER (6)

"Someday, I wanna be a fire fighter" - BRITNEY FERNANDEZ (6)

"I collect seashells" - TIFFANY SAUCEDO (6)

"I create video Games." - GABE TAO (6)

"I play ukulele" - SPANDANA PALLYAM (6)

"My pet peeve is when people wake me up." - GEMMA CADD (6)

"Someday, I want to be an astrophysicist" - SAUL SCOTT (6)

"I hate when my sister wears BTS" - CASSANDRA ZAZUETA (6)

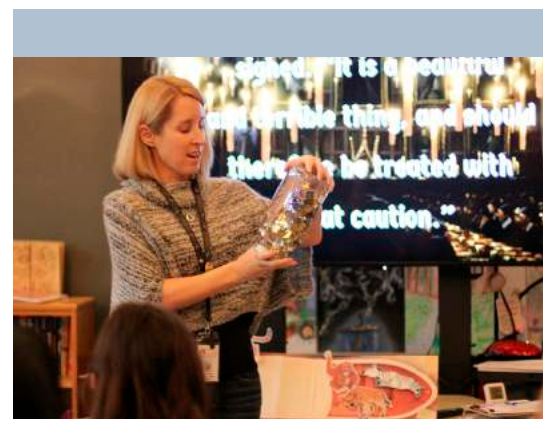
"I'm disgusted by diseases" - ANGEL HERNANDEZ (6)

"Someday, I want to be a professional coder" - THEO PARKER (6)

"I am a fan of Billie Elish" - AADHYA CHAGARLAMUDI (6)

**WE ARE the Selenas** from Fletcher's advisory

**BEING MINDFUL** Providing calm as a long-term sub, Ms. Oaks M&M time where students concentrate our breathing, go through a structured visualization, or focus on simply being in the present moment. As a part of her new teacher program, Ms. Oaks learned a number of techniques to help break up work and give students balance. "Mindfulness has been shown to increase focus, long-term recall, creativity, and emotional well-being in students," said Oaks.



**HIGH-FIVE!** Celebrating with his friend, Ricardo Carranza (6) finishes a brain break in Mrs. Crouch's class. Often, brain breaks are implemented in classes to keep things light and fun. "Mrs. Crouch gives us brain breaks whenever our brains are tired. There's lots of puzzles and Rubik's cubes, my favorite thing is this sphere with balls inside," said Ricardo.



# gimme a BREAK the benefits of brain breaks



**FOCUS** Deep in thought, Sydney Jones (7) closes her eyes and attempts to relax her mind through meditation. Before class starts, students participate in calming activities to prepare for the day. "Everyday we do a different mindfulness activity; it's a way to clear our thoughts," said Sydney.



**HIGH FIVE** Getting up and moving around during a class period of sitting is a nice break that students can take. These students are giving each other high fives during their brain break. "I use brain breaks in my classroom as a way to refocus and energize our class in a positive, engaging manner," said Ms. Neill. Photographs by Kristen Scott

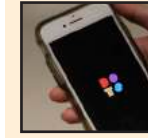
# Relaxing Apps



"I like to watch Netflix to relax, and my favorite show is probably The Good Place because you don't expect what's going to happen next," said Makayla Johnson (7).



"It's very simple. There's not a ton of information, so it makes it really easy to use. I like the way he talks, it seems calm and the activities are relatable. it's rooted in reality, not imagination," said Lillian Pollard (6).



"The point of the game is to connect the dots. You get points when you connect them. It's really calming because it's not very hard, so it doesn't make you work hard," said Suvi Ryther (6).



"Its cool because it has relaxation exercises. so you can deal with stress better. It gives you exercises with videos and audio that walks you through how to take deep breaths so you can feel more calm and in control," said Mateo Rives (8).