

End-of-Year Emotions!

As the school year comes to an end, it's normal to experience strong emotions. The fear of and/or excitement for new things to come, separating from good friends, missing teachers and your classroom community, getting older, and maybe even going to a new school can all feel overwhelming.

Use the strategies below to help navigate strong emotions and reflect on the year.

Deep Breathing to Music

Play soft music. Sit or lie down.

If sitting, place your feet on the floor.

Close your eyes.

Take a long, slow, deep breath
in for 5 seconds.

Exhale gently and slowly
for 5 seconds.

Repeat as needed.

Open your eyes when ready.

Journal Reflection

Find a blank notebook or some paper.

Start a journal where you can write down your feelings, describe the circumstances around them, and reflect on what you can do to help you settle down.

Remind yourself that
all feelings have meaning.

Memory Book

Gather some school photographs together.

Create a memory book or album
of the memories.

Invite a friend to collaborate with you and
share and create together.

Dance, Dance, Dance

Take a playlist of some of your favorite
music and dance to your heart's content!

Include new genres that you want to try,
such as salsa, soul, hip-hop, and K-pop!

Artistic Expression

Draw, paint, or color a Gratitude Tree,
Gratitude Wheel, or Gratitude Jar,
and fill it with art images of your memories
and/or affirmations.

Keepsake Playlist

Find some music that you enjoyed during
the year and create a playlist.

Add any hits that came out
that you enjoyed, too.

Listen to a song a day, even if the same
song gets repeated more than once.



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Autograph Memory Book

Gather some school photographs together.

Create a memory book or album
of the memories.

Invite a friend to collaborate with you and
share and create together.

Share copies. Then, ask your peers
to autograph your book.

Dance, Dance, Dance

Try a line dance (Electric Slide,
Cha-Cha Slide, etc.).

Take a playlist of some of your favorite
music and dance to your heart's content!

Include new genres that you want to try,
such as salsa, soul, hip-hop, and K-pop!

Artistic Expression

Draw, paint, or color a Collective Gratitude
Tree Mural, Gratitude Wheel Mural, and/or
create a giant Gratitude Jar.

Fill these with artistic images of your
memories and/or affirmations.

Keepsake Playlist

Find some music that you enjoyed during
the year and create a playlist.

Add any hits that came out
that you enjoyed, too.

Listen to a song a day, even if the same
song gets repeated more than once.

Try playing a couple of notes from a song
and play "Name That Tune" together.

