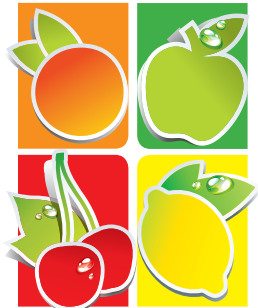


# The Healthy Classroom



## National Positive Thinking Day is September 13<sup>th</sup>

### Why emotions matter?

Emotional development begins in infancy and continues through adulthood. Responses to the feelings you experience every day have a major impact on the

choices that you make, on your behavior and how you conduct your life. The experience of emotion is it may be felt through one or all of the following responses.

- Physiological response: increase in heart rate, quick short breaths, and a change in hormone levels
- Self-talk response: increase in your inner chatter either expressing supportive statements "I am important", or frustrated statements "I will not do well on this test"
- Nonverbal response: increase in violent behavior, inability to focus for long durations, and self-inflicted isolation
- Verbal response: changes in tone of voice, language and speaking volume

Managing emotions can be difficult, here are a few ways that can be used to regulate them:

### 1. STAY CONNECTED

Embrace your friendships. Surround yourself with people who make you smile and laugh. Your friends receive your emotional energy and you will get energy from them. Spend time with people who impact you positively.

### 2. GET UP AND MOVE

Physical activity promotes all kinds of changes in your brain including new patterns that promote feelings of calm and well-being. Endorphins, powerful chemicals in your brain, are also released when you exercise; these endorphins can give you more energy and better your mood!

### 3. OFFER HELP

Doing good for others helps to improve your own self-worth. Sometimes just knowing that you made someone's day a little better is enough to bring a smile to your own face.

### 4. MAKE TIME FOR YOURSELF, ADOPT YOUR SECRET HOBBY

Ask yourself, what is the one thing you have always wanted to do? Find a little time and add it to your schedule: whether it is yoga, drawing, playing an instrument or joining a sports team give it a try! Freeing up your creativity can bring you joy and you may discover a passion.

Supported by [healthyfamilies.beyondblue.org](http://healthyfamilies.beyondblue.org)

## Creating Positive Attitudes in Your Classroom

It is easy to focus on the negative in life, even children do this. Developing a positive attitude is like anything else in life it takes practice. Below are some ideas for activities you can do in your classroom to help students learn how have positive thinking:

1. **Help others.** Encourage students to help one another or find a group volunteer activity you can do as a classroom.
2. **Create an "Awe" jar.** Have students write moments from the week that they thought were extraordinary or awe inspiring. You could also do a grateful jar. Do entries weekly.
3. **Set goals** and help students monitor obtaining these goals.
4. **Be positive yourself.** Share kid friendly jokes, try a daily smiling or laughing contest, and try to have a moment with each student that is a positive experience.
5. Practice **random acts of kindness** as a class.
6. Start each day with a **positive focus moment** or visualization.

## Have a school Garden or starting one? Looking for a grant?

Visit [ManateeSchoolFood.net](http://ManateeSchoolFood.net)  
under teacher resources or  
contact Skye Grundy for help

## Harvest of the Month

Every Friday we serve a Fresh From Florida produce item. In fact, much of the produce we serve is sourced in Florida.



This September we are serving up Fresh from Florida Grapefruit, Oranges & Tangerines



1 Matzke Way, Bradenton, FL 34208  
(941)708-8800 [ManateeSchoolFood.net](http://ManateeSchoolFood.net)  
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