Good Morning, Growth, Goals and Grit (Period 1 & 5)

April 20th

I have been missing you and missing this last semester at FHS. What crazy times we live. This is one of those significant times that you will tell your children and grandchildren about. What will you say? Some of you have been working though this whole thing, as essential employees in grocery stores, Walmart, Tim Hortons or other fast food restaurants or as cleaning staff. Many of you have picked up the slack at home looking after younger siblings while your parents navigate the demands of working online with young children. Some have learned a new skill, cooking, sewing, painting, or creating trend-worthy tic-toks. You are all amazing.

**First things First**…. If any of you know of an FHS student who may be in our class or not who do not have access to a computer or internet to do schoolwork, could you please send me a private email (pamela.hatheway@nbed.nb.ca.)

The teachers are encouraging students to do the requirements for a credit for courses, which is to complete and submit course material. I am offering that for this class. If you don’t know what I am talking about, ***please refer to Mr. Thomas’s email to parents available on the FHS website***.

**For the Week of April 20th.**

 **Maslow’s Hierarchy**- I have been thinking about Maslow’s Hierarchy over the last few weeks. You have these notes, but here is a refresher.

A psychologist, Abraham Maslow, put all human needs into five categories and formed a hierarchy of human needs.

According to Maslow, people must satisfy the lower or more basic needs at the bottom of the pyramid before they can have the energy to try to satisfy the higher needs.

Maslow's basic needs are as follows:

Physical Needs

* Food
* Air
* Water
* Clothing
* Shelter

 Safety and Security

* Protection
* Stability
* Pain Avoidance
* Routine/Order
* Safe from Harm

Love and Belonging

* Affection
* Acceptance
* Inclusion
* Companionship

Esteem

* Self-Respect
* Self-Esteem
* Respected by Others

Self Actualization

* Achieve full potential
* Fulfillment

Assignment #1

This covid-19 crisis has affected everyone, rich and poor, old and young. Some of our very basic needs are not being met, things like food security is a worry for many families who never thought about it before. We are all craving human connection, like having friends over, sharing meals. My daughter who works as a nurse had a birthday last week, and we had to celebrate on zoom because of social distancing. This is stuff is hard. Things that we took for granted are the things that we crave most. On the other hand, people are talking about how this time has given them time to do those things that they dreamed about doing; there are people writing books, taking online courses through places like Udemy ( check it out, many course are free right now) starting new businesses, or returning to things that they used to find fun… have you found your old lego sets?

Assignment: In at least two pages discuss the following**.**

1. What basic needs do we have that are being challenged at this time? (These may be personal or social.)
2. One of the ways to feel safe is to maintain routines and one of the tasks of adolescence it to recognize you are in charge of the physical and mental wellbeing of your body. You need to do everything you can to keep healthy, mentally, physically and spiritually. Are you getting up at the same time every day, on the website there are guidelines for physical fitness posted by Mr. MacDonald. Are you exercising every day? Are you getting dressed or laying around in pajamas? Are you looking after basic hygiene like showering, brushing your hair, eating healthy meals? Are you learning something new every day? Are you connecting with someone everyday, like grandparents, schoolmates? Are you setting small goals?

Today I want you to **plan out an ideal day**. Include mini-habits that will help you feel successful. There are so many things that we have no control over right now, BUT, we can control how we spend our time, what we watch, what we eat, how we treat other people. All of these things are in our control. Set up an ideal day. This next 8 weeks can be a time to implement great habits, reinvent yourself through positive choices.

Annie Dillard is one of my favorite authors. I think I have read everything she has written. She had this to say about a schedule.

“**How we spend our days is, of course, how we spend our lives.** What we do with this hour, and that one, is what we are doing. A schedule defends from chaos and whim. It is a net for catching days. It is a scaffolding on which a worker can stand and labor with both hands at sections of time. A schedule is a mock-up of reason and order—willed, faked, and so brought into being; it is a peace and a haven set into the wreck of time; it is a lifeboat on which you find yourself, decades later, still living.”

―

Example:

 7:30 Get up, make my bed

 8:00- Breakfast

 8:30- Take the dog for a 20 minute walk around the block

 8:50- Start school work for 2 ½ hours

 12:00 Lunch…. Something healthy hang out with my family for an hour playing yatzee

 Etc.

1. Create a check list and try and follow this ideal day for at least 4 days out of the next week. What are your major challenges? Do you need to tweak it a bit?
2. Think about the need for connection. **Who can you reach out to during this time of isolation? Make a list.**  It may be a cousin you rarely see, or another family member. Remember that best friend you had in 3rd grade that moved to a different school. Hunt them down. See how they are doing. Make meaningful connections. Learn to play board games on zoom or schedule a house party with friends from school. I did this last weekend with a bunch of gals I grew up with. We called it a pajama party, we were all over the country and had a blast.
3. **What new thing are you going to learn or accomplish in this next 8 weeks?** Think about this. It is a golden opportunity. Many of you have guitars or violins hanging out in your closets. What about books that you have on your shelf that you want to read? Are you learning how to cook?
4. Find an article, or inspirational ted talk, or youtube talk, or song that you could share with your classmates for encouragement during this time. I will make a list and post it. School appropriate!!

Have a great week. Please don’t hesitate to contact me if you need anything.