

# MIND SHIFT for Parents + Teachers

My child is missing out on things.



They are safe in my home and spend time with my family.

I will get sick.



I will stay home and wash my hands which will significantly decrease my chances of getting sick.

I will run out of items during this time.



I will use my items wisely so I am prepared. I have everything I need for now.

Everything is shutting down and I'm panicking.



The most important places are remaining open. Medical Centers, Pharmacies, and Grocery Stores.

There is so much uncertainty right now.



While I can't control the situation round me, I can control my actions. I can call loved ones, take deep breaths, exercise, eat healthy, and sleep.

My child's End of the Year activities are getting canceled.



Let revel in what the future holds.

How do I balance my kids at home and working from home?!



We will figure out a plan for each of us to succeed.

# MIND SHIFT *for Students*

I'm stuck at home.



I get to be safe in my home and spend time with my family.

I will get sick.



I will stay home and wash my hands which will significantly decrease my chances of getting sick.

I will run out of items during this time.



I will use my items wisely so I am prepared. I have everything I need for now.

Everything is shutting down. I'm panicking.



The most important places are remaining open. Medical Centers, Pharmacies, and Grocery Stores.

There is so much uncertainty right now.



While I can't control the situation around me, I can control my actions. I can call loved ones, take deep breaths, exercise, eat healthy, and sleep.

There is no point of finishing the school year.



I have no control over what is happening to me now so I am choosing to focus on my future and planning my first apartment / dorm room.