

# *Mrs. Thompson's 7th Grade Care Package*

## Tips From A Middle Schooler

<https://www.youtube.com/watch?v=Ddx6ByxWLEU>

These are some tips from someone who has gone through her first year in middle school and reflects what helped her make her way through. (Note: one thing the girl in the video discusses is orientation. Please note, Northern will do their best to get you oriented either before school starts or as it starts!)

## Organization & Time Management

**Being Organized In Middle School** - Here are some tips to take note of!

<https://www.youtube.com/watch?v=wTmGI0KKduE>

**Getting organized** (No solicitation of book intended)

<https://www.youtube.com/watch?v=qpZobR2Muig>

There are some great tips in these videos. To add to this information, below are a few additional specific ways to make these work.

-Write down your thoughts right away - or DO your thoughts right away. Don't think you'll remember later a quick thought that comes to mind. Most times we forget, unfortunately. So, if you can do it, do it right away. If you can't, write it down in a place that you will definitely look at soon enough! As soon as you finish something on your list cross it off. It feels great to accomplish things on our list and it leads us to the next list item to accomplish!

-When home, it can still be helpful to do a daily planner with a To Do list. If it gets overwhelming, move something(s) to a different day.

-When it comes to turning in work before it's due, it's helpful to give yourself an "early due date." Plan on your project being due early so that in case you get held up, you still have some wiggle room time to finish it without it being late. Also, for projects, split the project up into several pieces and make each piece due by a certain date. For example, split it up into 4 parts, one part due each week if you have a month to complete the project, and by the week of the project

due date most of the project will already be completed! This avoids procrastination and having to squeeze everything in at the last minute, which might not turn out to be your best work.

## **Coping with Frustration**

### **Recognizing Your Own Frustration - Taking a Break**

<https://www.youtube.com/watch?v=YMM67Le2VHA>

### **ABCDE's of Anger Management**

<https://www.youtube.com/watch?v=DbpTohPUhMw>

-Take this one step further. Think about what gets you to the point of being angry. Write it down. Next, picture yourself in that situation and then picture yourself recognizing this could be a problem situation for you. Finally, write down what you can do when you recognize this situation to help you from reaching the point where you get angry. How can you problem-solve in that moment you recognize the problem so that you don't end up losing your temper? Who or what could be helpful? If you're not sure, talk with a family member or friend. See what ideas they have. Just when we think there are no solutions, there are!

## **Anxiety**

### **Coping With School Anxiety**

<https://www.youtube.com/watch?v=UbVIR7N8bx4>

Think about strategies or ideas from this video that you will consider using. Think about whether or not any of these strategies/ideas could be helpful to you.

### **Having Gratitude**

#### **Gratitude Worksheet**

Can you think of a way to take a moment each day to be grateful for the simple things in your life, or even the big things? Try picturing in your mind feeling anxious and trying gratitude as a means to find the silver lining (the bright side or something else in your world that isn't going wrong) in a time of difficulty.

# Character Education:

## Seeing Someone Else's Side

[https://www.youtube.com/watch?v=r\\_cnk\\_yObRQ&list=PLVZh-3ewCElIPxjUynwfYoAt5vsG-t-gY&index=7](https://www.youtube.com/watch?v=r_cnk_yObRQ&list=PLVZh-3ewCElIPxjUynwfYoAt5vsG-t-gY&index=7)

The need for seeing someone else's side happens more often than we realize! You could get bumped in the hallway and think it's on purpose. Remember to "ask rather than assume" to see if they meant to bump you before assuming and getting mad. If you're not sure what someone meant when they said something to you, "ask rather than assume" to find out if they were serious or kidding. Remember that mistakes happen and it helps when we can give the person a break when they do something by mistake, whether it be a friend or someone you don't know.

## More Perspective-Taking

[https://www.youtube.com/watch?v=Fzn\\_AKN67oI](https://www.youtube.com/watch?v=Fzn_AKN67oI)

It's easy to assume things about people that aren't true. Do not be too quick to judge. Try getting to know your peers at first by using basic communication, such as asking them to pass an item in class to you, asking for a page number or room number, complimenting them, like saying, "good idea," "smart answer," or "I like your haircut, shirt, etc."

People aren't always as they appear. If they are quiet or give short answers it may not mean they are rude, but just shy. If they don't respond at all they may not have heard you. If they are overly loud it doesn't necessarily mean they are rude or overly confident. They may be unsure of themselves and still need some work on how to interact appropriately.

People who do not act the way that you like could benefit modeling the appropriate behavior of other peers. If someone is being rude, try asking them if they're okay or if something is bothering them. It might be a good time to remind them to get some adult assistance, focus on something more positive, or to ask them if this is a problem that is a big deal or is it something that could be made into a smaller deal.

## Being a considerate friend vs. Being an inconsiderate friend

Good vs bad friend - <https://www.youtube.com/watch?v=ah7jiRs3THI>

Consider: Are these friends being considerate to Emma or her other friends? What could Emma say in response to these friends? What can she suggest these peers try to think, say, or do (towards Emma and towards the people they are complaining about) in a more considerate way?

Real vs. Not Good Friends - [https://www.youtube.com/watch?v=lf6Y1mgTS\\_Q](https://www.youtube.com/watch?v=lf6Y1mgTS_Q)

Consider: Who are your true friends? Be sure to let them know you appreciate them as a person and appreciate their friendship!

Good vs. Toxic Friends - <https://www.youtube.com/watch?v=774HJQ9AdRk>

Consider: Do you behave in any “toxic friend” ways? If so, plan out how you will make change in the ways that the video explains good friends behave.

Consider: Do you have any friends that demonstrate “toxic behaviors?” If so, consider how you can talk with them about treating you in the ways that the video explains good friends behave.

## Treating Insomnia - Help Yourself Sleep Better

If you struggle with sleep, take a look at these videos for some ideas on ways to improve your situation. Make sure you consider what’s happening in your life. If there is something weighing on your mind it can affect your ability to relax and sleep. Addressing the issue and finding some peace of mind could help you reduce anxiety, relax, and get some needed rest! If you’re anxious, try to list what you are grateful for and make it part of your routine that helps you wind down and get some shut-eye.

**Check out “Sleep Tips” and “Sleep Traps”**

<http://www.sleepforkids.org/html/cant.html>

**How to Fall Asleep FAST When You CAN’T Sleep! 10 Sleep Life Hacks!**

<https://www.youtube.com/watch?v=yBSQFws2n04>

## **Growth Mindset**

### **Exercising Your Brain - Self-Confidence/Motivation**

[https://www.youtube.com/watch?v=lz49YsEVcb4&list=PLdgGLo\\_-QNwEfIPz-4H6ZDYxKdzBD1bV](https://www.youtube.com/watch?v=lz49YsEVcb4&list=PLdgGLo_-QNwEfIPz-4H6ZDYxKdzBD1bV)

### **Color Your World With Kindness - Simple Acts of Kindness**

<https://www.youtube.com/watch?v=rweIE8yyY0U> - It can feel good to go above and beyond by noticing others and making the choice to extend yourself out to them. One small gesture can make someone's day, thanks to you! How can you pay it forward in everyday situations at school?