



# #LIBERTYSTRONG

Newsletter from your Clinical Team

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## How are we doing and what would you like to see in the Clinical Newsletter?

We want to connect with you! Please let Angie Huber know what you would like to see in the newsletter. We will do our best to meet your request. Send any requests to [aahuber@fcps.edu](mailto:aahuber@fcps.edu).

## Adaptability

By: Joanna Wheeler School Psychologist, Liberty MS

The 2020-2021 school year has called for a lot of adaptability. Adaptability and flexibility are often used interchangeably, but I think the word adaptability encompasses more than the meaning of flexibility. Flexibility can mean 'to be willing to change or compromise', but adaptability means to "adjust". Adaptability, to me, suggests more 'active change' or 'adjustment' than the mere 'willingness to change'. Adaptability can be viewed as three components, behavioral, cognitive, and emotional. For example, in order to adapt, an individual may need to adjust behavior (e.g. try a new approach to solve a problem, increase effort, ask for help), control thinking (e.g. manage negative self-talk), and manage emotions (e.g. use coping strategies and self-care to manage anxiety or fear).

At this point in the 2020-2021 school year, students, teachers, and parents have already adapted to a lot of change, but now, with school transitioning back to the in-person school setting (for some students!), there is once again, a strong need for adaptability. This need for increased adaptability also comes with the knowledge that it is late in the school year, and motivation this time of year is often waning. (Who is excited for Spring Break!?) However, hopefully, we can all encourage one another and embrace this newest adaptability challenge together.

Like with most traits, some people are more adaptable than others. People who are extroverted, who are more open to new experiences, who like to look at things from different perspectives, and are more agreeable, tend to have higher adaptability. Regardless, adaptability can be built. Below, are some strategies to foster adaptability.

### For Students/Individuals

**Look for opportunities to try new things.** Start small with things like trying a new food or making a new friend.

**Try changing your response when you are disappointed by something.** For example, if you feel disappointed because of a change of plan, try responding enthusiastically even if you don't feel like doing so. Maybe you couldn't go to a sports event you wanted to see, and you feel upset. However, maybe you choose to smile and decide to do something completely different so you can embrace a new experience.

**Practice coming up with multiple solutions to a problem.** Research suggests that people who can come up with more solutions to a problem are better able to cope with problems than those who can't. So, whenever you

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 **Happy**   
**St. Patrick's Day!**



# HOW TO **STAY** MOTIVATED

**TAKE IT** ONE DAY AT A TIME

**SURROUND** YOURSELF WITH POSITIVITY

**CREATE** A VISION BOARD

**MAKE** S.M.A.R.T. GOALS

**REWARD** YOURSELF

**BELIEVE** IN YOURSELF

**ACKNOWLEDGE** YOUR POSITIVE ATTRIBUTES

**RECOGNIZE** YOUR PROGRESS

**VISUALIZE** ACCOMPLISHING YOUR GOALS

**BE KIND** TO YOURSELF

**DON'T COMPARE** YOURSELF TO OTHERS

[TodaysFitnessTrainer.com](http://TodaysFitnessTrainer.com)

*Enjoy this coloring page for stress relief!!!*





# FAMILIES

TACKLING TOUGH TIMES

# TOGETHER



## Our Family is Adaptable! Flexibility to Change

Youth can have either a fixed mindset or a growth mindset, and sometimes they switch between the two. According to Carol Dweck, Professor of Psychology at Stanford University, youth with a fixed mindset believe that skills, intelligence, and talents cannot be changed in a meaningful way. On the other hand, youth with a growth mindset believe their skills and intelligence can grow with effort, learning and persistence. A growth mindset fosters motivation, resilience and determination in youth, while a fixed mindset creates a sense of importance and can help our teens to adapt to change and to learn that being flexible is okay.

### Promoting a Growth Mindset

- Remind your teen that “a brain can grow.” The brain is flexible, it never stops growing. This is exciting because it means your brain, with time and effort, can grow stronger.
- Praise the process, not the results. For example, instead of saying, “I am thrilled you worked hard to save money for a new jacket,” reward the effort by saying, “You didn’t give up. You worked hard and it paid off. Great job!”
- Reward persistence. Acknowledge your teen’s hard work and persistence. When you see this in action, let them know. Example: “You’re really trying hard and taking your time to learn. Way to be persistent!”
- Use the word “yet.” When your teen says “I can’t,” remind them that they “can’t, yet.”
- Link praise to something specific. Instead of saying, “You’re really smart,” try “You took the time to think of creative ways to solve the problem. You kept trying even when some of the strategies didn’t work. Great job!”
- Failure is an opportunity to learn. Talk positively about failures and mistakes (both yours and your teen’s). For example, talk to your teen about what they learned when something didn’t go as planned.
- Don’t be tough on your teen if they don’t succeed at something. Instead, gently explore what happened and help them to make a plan for next time. You might ask, “What have you learned that can help?”
- Encourage your teen to make constructive self-statements. Some examples might include, “I work hard,” “I am a creative person,” “I enjoy learning and discovering,” or “I care about others.”

### Growth Mindset Activity

Conversations with your teen are a wonderful way to encourage growth mindset development. Consider the following questions to get a conversation started:

- What did you do today that took a lot of thought?
- What happened today that made you keep going despite wanting to stop? What strategies did you try?
- What did your mistake teach you? What did you learn from it?
- Did you try something today that was really hard? What made it hard?
- What will/did you do to challenge yourself today?
- What will you do to solve this problem?

Learn more about growth mindset by viewing [The Power of Believing That You Can Improve](#).

To learn more about the science behind growth mindset, you may wish to read the below research:

- [A national experiment reveals where a growth mindset improves achievement](#)
- [Fixed and Growth Mindset in Education and How Grit Helps Students Persist in the Face of Adversity](#)



## National Puppy Day, March 23, 2021



Angie's dogs:



Joanna's dogs:



### Healthy Homemade Dog Treats:

#### Sweet Potato Chews

2 sweet potatoes

Tbsp coconut oil

Wash sweet potatoes, preheat oven to 250.

Slice sweet potatoes lengthwise. 1/4" thick Rub coconut oil and sweet potato.

Place them on cookie sheet with parchment paper.

Cook in oven for 3 hours, flipping halfway through.

Leave in oven while they cool.

## GOAL

What do I want to accomplish?

## PLAN

How am I going to accomplish my goal?

### MATERIALS/EQUIPMENT

- 1.
- 2.
- 3.

### STEPS/ASSIGNMENTS

- 1.
- 2.
- 3.

## PREDICTION

How well will I do? How much will I get done?

**Self-Rating 1 2 3 4 5 6 7 8 9 10**

**Other Rating 1 2 3 4 5 6 7 8 9 10**

## DO! REVIEW

How did I do?

**Self-Rating 1 2 3 4 5 6 7 8 9 10**

**Other Rating 1 2 3 4 5 6 7 8 9 10**

What worked?

- 1.
- 2.
- 3.

What didn't work?

- 1.
- 2.
- 3.

What will I try differently next time?

## When you are angry, you have 4 choices:

How angry you will be? (annoyed, upset, furious)

How long you will be angry? (minute, day, week, forever)

What will you do with your anger? (will you be hurtful?)

When will you express your anger? (in the moment or when you have taken time to think about what you want to say)

Your students can check out Ms. Huber's google classroom to see many cool things to do, learn about or to use to cope!

[https://docs.google.com/presentation/d/e/2PACX-1vSMKer3dWvdXMgM3d3sdf\\_nnsAKWIHjsrXeGtWCtcqkIQdmqao7b5gVQAUT16Nk1p9kED56KcuAqH0b/pub?start=false&loop=false&delayms=3000&slide=id.g8e48443adc\\_0\\_0](https://docs.google.com/presentation/d/e/2PACX-1vSMKer3dWvdXMgM3d3sdf_nnsAKWIHjsrXeGtWCtcqkIQdmqao7b5gVQAUT16Nk1p9kED56KcuAqH0b/pub?start=false&loop=false&delayms=3000&slide=id.g8e48443adc_0_0)



# VIRTUAL ZEN DEN

[Sounds and Music](#)

[Meditation and Grounding Exercises](#)

[Visual Relaxation](#)

[Live Animal Cams](#)

[Yoga](#)

[Something Interesting](#)

[Pixar Short Film: La Luna](#)

[Pixar Short Film: Piper](#)

[PIXAR Short Films: Day and Night](#)

[Pixar Short Films: Partly Cloudy](#)

[Art and Creativity](#)

[Games and Puzzles](#)

## Cont. from pg 1– Adaptability

have a problem, or a challenge make a quick list of some ways you can solve the problem. Try to think of logical new strategies to use to solve a problem.

### For Teachers and Parents

**Encourage students and use positive affirmation statements.**

**Acknowledge that the student may be going through a challenging time.**

**Find ways to support connectedness.**

**Listen and provide opportunities for students to provide feedback about what is happening in the learning experiences.**

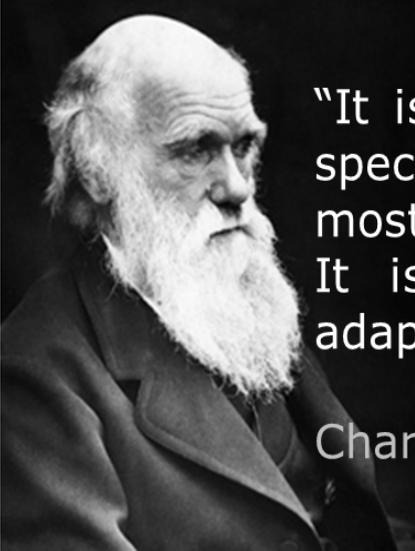
**Help students understand that rules and routines change or may be “bent” in certain situations.** Also, discuss the fact that rules in one household or even classroom may be different, and that is okay. Rules may be changed and adjusted to keep everyone safe and respected.

**While it is important to discuss that rules and routines may change, when students are experiencing a lot of change in their lives,** it is important to keep routines that are within your control as constant as possible to provide some solidity.

**Try to show how a change in plans doesn’t necessarily mean that your student will have a bad time.**

**Involve students when change is anticipated. Ask students for ideas about how to handle upcoming change.**

**Try to provide your student with examples of how to respond and cope when situations don’t go as planned.** Basically, how do you respond when things don’t go as planned? Try to also promote the idea that change is often a good thing and change is an inevitable part of life.



“It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change.”

Charles Darwin (1809 – 1882)

## More resources that you may find helpful!

The Parent Resource Center (PRC) is excited to offer access to their library resources.

Their library is open for pick-up, on Wednesdays, by appointment only, 9:30 a.m. - 3:30 p.m.

### [Encouraging Positive Behaviors at Home Series](#)

- **03/04/21: Teaching your Children to Follow Directions (rescheduled)**
  - Parents/guardians will be provided an overview of instructional control
  - Parents/guardians will review strategies to support their students with following directions
- **03/18/21: Effectively Communicating with Your Child**
  - Parents/guardians will be provided an overview of the components of communication
  - Parents/guardians will review strategies to increase effective communication with their child
- **4/22/21: Minimizing Prompts and Maximizing Your Child's Independence**  
Thursday March 18, 2021, 10 - 11:30 a.m. and 6:30 - 8 p.m.

[Register for Effectively Communicating with Your Child](#)

### [Special Education: Understanding the Process and Collaborating with Your School Webinar](#)

Join us for this important webinar to learn:

- What is Special Education?
- How do children qualify for services?
- What is Least Restrictive Environment?
- What is the difference between accommodations and modifications?
- What is an IEP?
- What are the roles and responsibilities of IEP team members?
- How can I work with the school team to develop an IEP?

How do I advocate for my child at school and in the IEP process?

Friday March 19, 2021, 10 - 11:30 a.m.

[Register for Special Education: Understanding the Process and Collaborating with Your School](#)

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### [Challenges of parenting in the U.S and during the pandemic: A Webinar for Arabic Speaking Families \(presented in Arabic\)](#)

This webinar is for Arabic-speaking families who want strategies to address their children's challenging behaviors. Bridge the cultural gap to make your home run a bit more smoothly.

Participants will learn about:

- Parenting Styles
- Managing problematic behavior
- Providing structure and support during the pandemic

Returning to normalcy

Presented by staff from Northern Virginia Family Services Multicultural Center: Hanan Elbakry, Bilingual Psychotherapist and Tuleen Hajoun, Bilingual Clinical Intern.

Wednesday March 24, 2021, 10 - 11:30 a.m. and 6:30 - 8 p.m.

[Register for Challenges of parenting in the U.S and during the pandemic: A Webinar for Arabic Speaking Families \(presented in Arabic\)](#)

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For more social-emotional resources and lessons please visit the LS Clinical Team's website (see the link below works best in Google Chrome):

<https://sites.google.com/view/liberty-ms-clinical-team/mental-wellness-topics>

\*\*some new videos added\*\*

# Coaching a Growth Mindset

**5 Questions to Develop a Growth Mindset**

- What did you learn from today's performance?
- What steps did you take to make you successful today?
- What are some different strategies you could have used?
- How did you keep going when things got tough?
- What can you learn from your opponent today?

**5 Feedback Comments to Develop a Growth Mindset**

- This will be a challenging concept to learn, but I believe you can master it
- You haven't got it yet, but you will if you keep working and thinking about it
- I really appreciated your effort today
- It is okay to take risks, that's how we learn
- Getting better takes time and I see you improving

### Try these activities for your student!

⇒ Liberty Middle School Afterschool Program

<https://libertyms.fcps.edu/activities/after-school-program>

⇒ Fairfax County Park Authority Programs

<https://www.fairfaxcounty.gov/parks/parktakes>

### Resources:

If you or someone you care about is in crisis, please call [911](tel:911) or access one of the mental health resources below:

- ⇒ *Reach out to a trusted adult (parent, counselor, teacher, coach, etc.); <https://www.mentalhealth.gov/talk>*
- ⇒ *Text **NEEDHELP** to 85511 for the [Crisis Link](https://www.needhelp.org) Hotline at or call them at 703-527-4077*
- ⇒ *Chat online with a specialist at [CrisisChat.org](https://www.crisischat.org) or [ImAlive.org](https://www.imalive.org)*
- ⇒ *Call an emergency mental health center at 703 573-5679 (Merrifield Center), 703-536-2000 (Dominion Hospital), or 703-289-7560 (INOVA emergency services)*
- ⇒ *CR2 – 844-627-4747*
- ⇒ *Go to the nearest emergency room at your local hospital*

Call 911

# GO GREEN FOR ST. PATRICK'S DAY



What do the Chicago River, Empire State Building and the White House Fountain have in common?

They go green for St. Patrick's Day.

⇒ DRESS GREEN

⇒ EAT GREEN

⇒ MAYBE THINK ABOUT DOING MORE RECYCLING TO "GO GREEN"

- ◆ Use reusable towels instead of paper towels and paper napkins
- ◆ Wash only full loads of clothes
- ◆ Take showers over baths to use less water
- ◆ Adjust your thermostat so you are using less energy
- ◆ Use a power strip so you can turn all of the electronics off at one time
- ◆ Say no to plastic straws



## Saint Patrick's Day Word Search

V	G	D	H	V	C	T	Z	K	Q	W	P	V	A	R
X	Z	L	U	S	I	F	O	S	Y	O	C	Q	D	Q
Y	C	E	Q	B	P	A	N	O	T	B	N	B	R	Z
L	E	P	E	H	L	A	H	O	Q	N	J	V	A	K
N	L	R	U	K	K	I	F	S	E	I	X	C	C	O
A	T	E	J	E	C	G	N	E	I	A	M	I	L	I
N	I	C	S	X	O	I	R	P	Y	R	R	T	U	D
F	C	H	M	L	N	G	R	V	R	T	I	N	A	S
A	A	A	D	J	S	I	H	E	A	H	E	I	N	N
N	T	U	X	Z	M	D	F	P	M	W	P	A	V	L
N	D	N	E	G	E	L	W	N	B	I	U	S	U	P
N	T	J	W	W	K	L	Q	U	C	H	L	Y	U	P
J	B	Q	A	P	F	Z	O	K	U	N	Q	O	J	X
I	W	I	N	B	I	R	E	L	A	N	D	G	S	Y
J	D	C	K	C	O	R	M	A	H	S	Y	B	Z	X



celtic	dublin	green
ireland	irish	legend
leprechaun	limerick	patrick
potofgold	rainbow	saint
shamrock	snakes	



Counseling is often a good approach to help people to work through struggles that they are having in their life. Many feel comfortable with the idea of counseling and many do not feel comfortable. One of the benefits of counseling is that it can help you to find solutions or to problem solve more quickly than without it. However, some still may not be comfortable and to add to the challenges of becoming comfortable with the idea of counseling, during COVID, it is difficult to find counselors who are not meeting virtually, as some do not feel comfortable with meeting virtually. A good alternative is to use journaling. Here are some journal prompts for March.



## JOURNAL PROMPTS FOR RELATIONSHIPS

# MARCH JOURNAL PROMPTS

1. A favorite song lyric
2. The thing you always forget to pack
3. A fictional character you'd like to switch places with
4. Something to let go of
5. What do you want more of?
6. A typical grocery list
7. A fact you don't usually tell people
8. What does it take to make a friend?
9. The thing that makes you excited
10. Everyone needs...
11. The best place to be
12. How do you focus?
13. Who is your "cheerleader?"
14. The goal you are working towards now
15. Three small steps towards your goal
16. The most inspiring person you've met
17. How would you describe yourself?
18. A few words of advice to someone younger
19. Ten things you learned in the past year
20. What is the most important thing in life?
21. An idea that seems great, but actually isn't
22. Five books everyone should read
23. Where do you most want to travel?
24. What are you good at?
25. Three things you learned today
26. Something you are looking forward to
27. Pick a movie character you identify with
28. Ten things you love about spring
29. Are you patient?
30. Describe a childhood memory
31. List some favorite jokes



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