

YELLOW RIBBON WEEK
APART BUT STILL CONNECTED

January 25-29, 2021



The week's activities include:

Contests

- ▶ **Tie Dye**– Make your own tie dye shirt.
- ▶ **Random Acts of Kindness**– Be kind and get entered into a drawing.

Education

- ▶ PVIS Counselors present to all students through PE on 1/27
- ▶ Staff video with quotes with a focus on connecting with others
- ▶ Daily Kindness Videos

Spirit Day - Wednesday, Jan. 27th!

- ▶ Wear yellow or tie dye for kindness :)



Kindness Videos

MONDAY

Did you know that spreading kindness helps reduce stress, anxiety and depression? Watch [The Science of Kindness](#) to learn more.

TUESDAY

UC Berkley Professor is the [Kindness Scientist](#). Learn about the research they're doing on this ever-expanding topic.

WEDNESDAY

What's happening to your brain during your teen years? Let's find out in [Dr. Dan Siegal's Myths of the Adolescent Brain](#).

THURSDAY

Can you be cool *and* kind? Let's hear what these teens have to say about it in [this video](#).

FRIDAY

In this [uplifting video](#), people are seeking connection and strengthening community during this difficult time of physical distancing.

RESOURCES



**Request to meet
with a PVIS
Counselor HERE!**

- [South Bay Families Connected](#)
- [Supporting Teenagers in a Pandemic](#)
- [Child Mind Institute](#)
- [The AAP Parenting Website](#)
- [The Greater Good Magazine](#)
- [Random Acts of Kindness](#)

Crisis Support

Call 9-1-1 for immediate safety concerns

- Suicide Prevention Lifeline: (800) 273-8255
- Crisis Text Line: text word "HOME" to 741-741
- Didi Hirsch Mental Health Services: (877) 727-4747
- LA County Mental Health Services: (800) 854-7771
- The Trevor Project: (866) 488-7386