

# RITE NOW @ ROP



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Adolescents struggle with feelings of fear, rejection, anger, and hopelessness during normal circumstances but when combined with the stress of the coronavirus, these feelings can be overwhelming.

At Joann Bridges Academy staff are working hard to alleviate student stress by shifting the focus from worry to blessings. Last Friday students were given colored circles on which they drew themselves smiling. Then they were asked to list below the happy face the things that make them happy or give them happy thoughts. The girls listened to Pharrell Williams' song "Happy" as they worked on their lists of blessings.

A sampling of their responses included: "...happy God gave me a second chance; ...my supportive family; ...that God created chickens; ...God has my baby secure and safe; ...God is guiding me in a new direction; Thankful for the JBA staff for helping me to learn I can jump over obstacles; ...my mom; ...my grandma; ...my friends; my family and that I have good hair."

By reflecting on their blessings and sources of happiness, students have an opportunity to consciously consider who and what is important to them. These realizations can serve as powerful motivators to weather the raging storm of COVID-19 and chart a positive future for the better days ahead.

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