

STUDENT-TO-STUDENT

Surviving and Thriving COVID-19

Peer Leaders share strategies and ideas
for making the most of this time out

Dear Students,

We are all going through an unprecedented time, missing our friends, school and usual activities. We have compiled some ideas here from students for students to help us get through this difficult time.

~ BHS Peer Leaders

SHARING OUR EXPERIENCES:

Many of us are feeling detached from our school community. To help us feel more connected, we would like to hear your voice. Let's share with each other what we are experiencing through these strange times. Please take a moment to share your reflections of life during this time of COVID-19. Responses will be compiled and available for us all to read.

Here is the link: [Life in the Time of COVID-19; Student Reflections.](#)

PLACES TO VOLUNTEER/DONATE:

Many places need help right now. If you have been social distancing and want to volunteer, the Brookline Food Pantry needs all the help it can get. Contact with Chanin Kennedy, <http://www.brooklinefoodpantry.org>

Mutual Aid Brookline - Fill out this survey if you can provide help [here](#). The info you provide will be directly uploaded into a public non-editable "offerings" [spreadsheet](#). Your personal information will not be posted. **Virtual companionship** is especially needed -- quarantine and isolation can be lonely! If you would like to provide virtual companionship to a community member in need, please contact us at mutualaidbrookline.companions@gmail.com

[Be My Eyes](#) is a free app that connects blind and low-vision people with sighted volunteers and company representatives for visual assistance through a live video call; help with anything, from checking expiration dates to reading instructions.

If you aren't able to get out and volunteer, there are thousands of organizations that need funding right now like [Feeding America](#).

FUN ACTIVITIES:

Games - Play online games with friends. [Board Game Arena](#) has hundreds of games. Try [JackBox games](#) and [party pack](#) – to play online with friends.

Movies - [Best movies list to binge during COVID-19](#) Great time to catch up on films you did not have time to see before! Facetime with friends and check out [Netflix party](#). **Freshman Bookclub** on instagram [@bhsbook](#). Whether you're a bookworm or completely allergic to reading, this would be a great place to stay connected during these times, and if we happen to read a couple of great books along the way, then great! Come to our first meeting on **May 14 at 4pm via zoom**. For more info, Email BHS senior [lfeamaka Richardson](#).

Music - Share new music with friends, or join a music discussion group.

Virtual tours - Go somewhere you've never been... but like, virtually. How about [the International Space Center](#)? An [archeology tour of India](#), maybe? [Google Earth's Voyager](#) feature offers immersive guided tours for plenty of nature sights and cities. If you want, you can even [create personalized tours](#) with your friends. Make sure you toggle between 3D mode and Street View for the whole experience.

Animal live streams - [Explore.org](#) offers streams from birds and pandas to wildlife and marine life.

Creativity/Art Projects - Check out this great link to [creative projects to do in quarantine](#) that you can do to stay busy during quarantine, especially art projects.

Cooking - Bake some delicious treats: [25 super fun baking recipes](#). Also, try Sam's famous HEALTHY BANANA NUT COOKIES : **Ingredients:** 2 medium ripe bananas, mashed, 1 cup of uncooked quick oats*, 1/4 cup crushed walnuts **Directions:** Preheat oven to 350°F. Spray a non-stick cookie sheet with cooking spray Combine the mashed bananas and oats in a bowl. Fold in the walnuts and place a tablespoon of each on the cookie sheet. Bake for 15 minutes.

Order Out - try someplace new, and support our local restaurants, like local take-out healthy café Rifrullo! <http://www.rifrullocafe.com/>

STAYING HEALTHY & ORGANIZED

How to stay organized - Having trouble staying focused and getting your school work done: [10 Working From Home / Online School Tips that ACTUALLY Work](#)

Exercise - For those looking for a good workout, do this [2-week challenge](#). Another link to a bunch of home workout videos that vary in length, some not taking more than 15 min. <https://www.chloeting.com/program/>. And no equipment needed for this [15 minute at home workout](#)

Places to run in Brookline:

- Cleveland Circle - BC (Chestnut Hill) Reservoir, Clark or Clinton Road, Dean Park
- Coolidge Corner Area - Charles River (Esplanade), Down Beacon towards Boston, Summit Ave (steep hill but rewarding, beautiful view at the top)
- BHS Area - Hill on Blake Road (right behind BHS), Griggs, Downes Track (~0.7 miles from BHS to the track)

- Lincoln Area, JP Reservoir (~1.5 miles/lap), Arboretum, Downes Track (400m/lap)
- Lawrence Area - Muddy River, Fenway, Down Commonwealth Ave to the Public Garden

Meditation and Relaxation: [Yoga With Adriene](#) routines are usually just 10-15 minutes!

Try some meditation: [Calm](#), [Headspace](#), [insight timer](#) and [Breethe](#) Meditation apps will guide you through meditating! Whether you have never tried meditating or are a pro, a stress relieving time in your day will allow you to focus your thoughts.

Or try this relaxing meditation <https://youtu.be/W19PdsIW7iw>

OTHER TIPS:

- Don't forget to **hydrate**! It really makes you feel energized, clear-minded, and not so exhausted throughout the day.
- Treat yourself to at least one **ME TIME** activity or treat everyday.
- Write somebody a nice note/card and send it
- Make a **morning routine or night routine**. I find that any kind of schedule these days helps me get going and find my purpose throughout the day.
- When you feel yourself breaking down, write EVERYTHING in a **journal** how you're feeling.
- **Self love** (can be hard but SO CRUCIAL): Every time you see yourself in the mirror, say something nice about you. Also remind yourself of what else makes you unique - try to forget appearance. Tell yourself what you are grateful for, even if you don't believe it. Eventually you will! It's a journey and it's challenging.