



MANAGE YOUR MOODS

While it's common for some days to be more stressful than others, that doesn't mean it's easy. If you're having a rough time, these tips from *The Care and Keeping of You 2* by Dr. Cara Natterson can help.

1. Take a break. When you feel frustrated, give yourself a moment. Walk into another room or step outside for fresh air, and count to 10 while taking deep breaths. Breathe in through your nose and out through your mouth.
2. Use your pillow. If someone has upset you, instead of yelling at them, holler into a pillow. It may feel like the relief you need.
3. Talk to an adult. When you are feeling upset, talk to a parent or other trusted adult about what's bothering you. Chances are, they may have experienced what you're going through and may have ideas on how you can feel better.



FUN FACT
The first mobile phone call was placed in 1973 by Martin Cooper, who is credited with inventing the mobile device.

Make a cellphone holder

What You Need

- Pencil
- Toilet paper tube
- Scissors
- Paint primer (like Gesso, for brighter color, optional)
- Craft paint
- Glue (optional)

Instructions

1. Draw your animal on the toilet paper tube. The head should be about $\frac{1}{3}$ down from the top of the tube.
2. To make sure the phone will stay in place, draw ears on the top of the head (like the dog's and tiger's above), or give the animal's head a curved design (like the bunny's). The back of the tube should remain the full height of the tube.

Tips: You can design a tail in the back (like the dog's and tiger's), but don't cut away too much cardboard or

the tube won't be able to support holding a phone. If you cut the tube to make bunny ears, glue cardboard scraps to the back of the ears so the ears can support a phone.

3. Use scissors to cut out the animal shape you've drawn on the tube.
4. Paint the animal. Optional: You can first paint it with a coat of Gesso. Let dry. Then paint with craft paint and let dry.
5. Use paint to make facial features, to add spots, or to add any other extra details you would like.



ECO TIP OF THE WEEK PACK A PLASTIC-FREE LUNCH

Whether you're taking it to school or on a picnic, a packed lunch can contain more plastic than you realize. Why not see if you can change your habits and pack a plastic-free lunch? Wrap sandwiches in wax paper, or ask an adult to buy you a reusable wrap made from beeswax. Instead of throwing away plastic takeout food containers, clean and reuse them to pack food or use reusable metal containers. Add a piece of fruit—bananas and oranges come with their own plastic-free packaging. As for your lunchbox, you don't have to buy a non-plastic one. To create less waste, use the one you have, even if it's made of plastic.



Reusable food containers help the environment.