


POZ CARDS



Poz cards are tips and ideas to help you find ways to study at home.

It's simple,
Pick a card and try the experience, it will help you find the energy and motivation to continue your studies.



MOVE

No one is looking at you, it's perfect! Dance as if there is no tomorrow. It feels good!

Until: Exhaustion of your craziness...

TAKE A SHOWER!

Even though your hair smells like minty mountain breeze and juicy watermelon, go freshen up. It gets your mind of things, and gives you the energy to continue.

Until: Depending on your hot water tank...

OUT LOUD!

What are you doing right now? Say it out loudly and continue! It let you let's you air out the brain a little...

Until: You have nothing more to say...

TAKE A BREATH OF FRESH AIR

It's sunny, it's raining, it's snowing, it's hailing, it's windy no matter what, take a little time to go outside. It oxygenates body and mind!

Until: When it has done you enough good!

HUG A PET

You are in need of hugs, there is always your cat, your dog or your fish... (ok, maybe not your gold fish) But you can always find affection with these little furry, or not so furry creatures.

Until: Your pet can no longer stand you!



HAHAHA !

Take a break. Laugh a little.

What makes you laugh? Watching people falling off their trampoline, a crazy cat, bad driver?

You have the right to laugh a little...

Until: Your abs hurts



SCREAM !!!!!!!!!!!!!!!

A little moment that you are allowed to scream and to externalize. Wow, it feels good!

P.S Maybe just warn those around you.

Until: You have no more voice or not....

WITH CLENCH FISTS

You have had enough! You feel like hitting something. Why not do it intelligently, You have a pillow,cushion,punchung bag... LET'S GO! Let it out!
P.S Please only do this at home.

Until: The feathers of your pillow are flying

THE VIBE

A little break is in order. lay back on your bed and liisten to music and forget the rest. Be in the Moment. It feels good.

Until: You run out of charge in your cell.

CHAT

You feel like talking abit? Call a friend, talk face to face.

Until: You have nothing left to say.

SMOOTHIE TIME

Do you have left over fruit sitting on your counter?
Why not take the opportunity to make yourself a refreshing drink? P.S You can invent your own recipe. It can be turquoise, green or even brown... as long as it's good.

Until: Your blender dies..

TURN AROUND!

Why not rearrange the furniture in your room. Move your bed towards the window, change your furniture around ,replace the bookcase. No matter what,as long as you change something. It changes our enviroment.

Until: Depends on the size of your room.

CURIOUS

Is there something that interests you but, you never have taken the time to research? For example: mummies, plants, knitting... take a moment to explore a new topic. It's motivating.

Until: Google doesn't know



DOODLE

Draw, colour, write, doodle... Take a piece of paper and let your mind go.

P.S It's okay if it looks like a 3 year old drawing.

Until: Your pen runs out of ink



CHANGE SPACES

Where are you at the moment? In your bedroom, living room, kitchen, the dogs house? No matter, change places and study there for a while.

Until: You have studied in all the rooms of your house.

WARDROBE

Why not change clothes? It may make you feel better. You can change into your pj's, your prom dress, your hockey gear...

Whatever you want as long as it make you feel good.

Until: You run out of clean clothes

SMALL PROJECT

To stay motivated it's important to have projects. Even if it's a small project it gives you something to look forward to. It could be starting a collection, making bird house, or baking cookies...but in any case, do something.

Until: Your imagination runs out=never

BAKING

Even if you're not Gordon Ramsay at heart, try a little something. Like you can start by boiling water. Or if you want to do competition with Gordon Ramsay bake a 18 story wedding cake!

Until: The pantry is empty

TURN OFF YOUR CELL

Try this for an hour. You will see your head calms down. You can put it in a tupperware bowl, or put in your underwear drawer.

Until: At least give it a try for an hour.

YOGA

Even though you're as flexible as a cement block, you can try yoga. Just for fun. You can even invent ridiculous poses. As long as you relax and have fun.

Until: You are dizzy

GUESS WHO?

Imagine that you are studying as a celebrity.

Exaggerate.

You can study as Adam Sandler, Kylie Jenner or even the Rock, whatever makes you laugh.

Until: It's no longer funny

SITTING-STANDING-LYING

Simply change positions to study. Why not stand? Walk backwards? Sit crossed legged. try laying on your back or on your stomach. Or even planking or doing push ups.

Until: You have tried it all

HOW IS IT GOING?

Take the time to ask yourself how you are doing. Answer yourself out loud. If you are not feeling so great, try one of the ideas on the cards. Tell yourself that right now someone loves you and is thinking about you. That always helps.

Until: Anytime you feel the need.

AND YOU?

Take the time to ask someone how they are doing.

Be there for them, and really listen to them. It always feels good when someone cares about you.

Until: Whenever you feel the need.

CREATIVITY

Study creatively. Write on post-it notes and stick them all over your room. Cut out the face of your celebrity crush and pretend they are your teacher! Do squats while memorizing your notes.

Until: Exhaustion of creativity.

TEST

Come up with a distance challenge for your friends.
For example: Find the most hockey players name's
that start with the letter "R". Try not to use the
internet. You can try it with anything.

Until: You can think of another challenge.

HANDY

Even if you do not consider yourself to be handy, Try! Gather up all kinds of stuff that you can reuse to make something new. For example: Toilet paper rolls, hangers. Broken cell phone wire, wooden spoon, or a picture frame...

Until: You have reached the end of your imagination.

CHILDLIKE

Even if you are no longer a kid, remember how it was to play! Go outside and do whatever you want. You are still allowed to have fun. Roll down hill, build a snowman, run and play.

Until: You run out of energy

INTEREST YOURSELF

Get out of your room, and talk to your family. Ask them all kinds of questions, for example: If you were a superhero, which one would you be? If you had to choose a new career, which would you choose.

Start a discussion.

Until: You run out of questions

CHALLENGE

Challenge your friends, for example: Make a video of you making the biggest snowbank. Try to be creative, while being safe, please.

Until: You have a bunch of creative challenges in your cap.

MAKE A CHANGE

Switch up your choice in movies, you usually like action movies? Try a sports documentary. You like chick flicks? Try an artist bibliography.

Until: You have a new discovery

PICTURES

Get outside in the fresh air and try to take a picture that shows exactly how you are feeling.

For example: If your are tired, a picture of dragging footprint. It helps to put an image to your feelings.

Until: Your memory card is full.

CÉLIA GAUDREAU

ANIMATRICE JEUNESSE

Je suis là pour t'écouter. Tu as envie de marcher,
de parler, de pleurer, de patiner, de rire...
JE SUIS DISPONIBLE POUR TOI (en français).



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