# Who’s Who at Oakton High School

## Principal: Dr. John Banbury

### Assistant Administrators

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Discipline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms. Colleen Eddy</td>
<td><a href="mailto:CAEddy@fcps.edu">CAEddy@fcps.edu</a></td>
<td>Discipline: A - ESL</td>
</tr>
<tr>
<td>Mr. Derek Smith</td>
<td><a href="mailto:DGSmith@fcps.edu">DGSmith@fcps.edu</a></td>
<td>Discipline: ESM - LAL</td>
</tr>
<tr>
<td>Ms. Michelle Taylor</td>
<td><a href="mailto:MTaylor2@fcps.edu">MTaylor2@fcps.edu</a></td>
<td>Discipline: LAM-RIC &amp; AVID</td>
</tr>
<tr>
<td>Ms. LeAnne Kannapell</td>
<td><a href="mailto:LMKannapell@fcps.edu">LMKannapell@fcps.edu</a></td>
<td>Discipline: RID-Z</td>
</tr>
<tr>
<td>Ms. Martha Y. Rodeheaver</td>
<td><a href="mailto:MYRodeheaver@fcps.edu">MYRodeheaver@fcps.edu</a></td>
<td>Test Coordinator &amp; English Admin</td>
</tr>
</tbody>
</table>

## Student Services

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms. Elizabeth Lyons</td>
<td><a href="mailto:EALyons1@fcps.edu">EALyons1@fcps.edu</a></td>
<td>A-CAR</td>
</tr>
<tr>
<td>Mr. Charles Grausz</td>
<td><a href="mailto:CLGrausz@fcps.edu">CLGrausz@fcps.edu</a></td>
<td>CAS-ESL</td>
</tr>
<tr>
<td>Dr. Karyn Mrowka</td>
<td><a href="mailto:KAMrowka@fcps.edu">KAMrowka@fcps.edu</a></td>
<td>ESM-HEO &amp; AVID</td>
</tr>
<tr>
<td>Ms. Elizabeth Chase-Kang</td>
<td><a href="mailto:EPChasekang@fcps.edu">EPChasekang@fcps.edu</a></td>
<td>HEP-LAL</td>
</tr>
<tr>
<td>Ms. Gloria Harris</td>
<td><a href="mailto:GHarris@fcps.edu">GHarris@fcps.edu</a></td>
<td>LAM-MUL</td>
</tr>
<tr>
<td>Ms. Laura Osborne</td>
<td><a href="mailto:LLOsborne1@fcps.edu">LLOsborne1@fcps.edu</a></td>
<td>MUM-RIC</td>
</tr>
<tr>
<td>Ms. Naa-Adjeley Wilson</td>
<td><a href="mailto:NWilson1@fcps.edu">NWilson1@fcps.edu</a></td>
<td>RID-TAT</td>
</tr>
<tr>
<td>Mr. Fred Priester</td>
<td><a href="mailto:FPriester@fcps.edu">FPriester@fcps.edu</a></td>
<td>TAU-Z</td>
</tr>
<tr>
<td>Ms. Erica Bauer (112A)</td>
<td><a href="mailto:ECBauer@fcps.edu">ECBauer@fcps.edu</a></td>
<td>School Psychologist</td>
</tr>
<tr>
<td>Ms. Rachel Cherian(112B)</td>
<td><a href="mailto:RJCherian@fcps.edu">RJCherian@fcps.edu</a></td>
<td>Social Worker</td>
</tr>
<tr>
<td>Mr. Pete Duperrouzel</td>
<td><a href="mailto:PJDuperrouzel@fcps.edu">PJDuperrouzel@fcps.edu</a></td>
<td>Director of School Counseling</td>
</tr>
<tr>
<td>Ms. Laura Gray</td>
<td><a href="mailto:LLGray@fcps.edu">LLGray@fcps.edu</a></td>
<td>Administrative Assistant</td>
</tr>
<tr>
<td>Ms. Nancy Huang</td>
<td><a href="mailto:NMHuang@fcps.edu">NMHuang@fcps.edu</a></td>
<td>Student Information Assistant</td>
</tr>
<tr>
<td>Ms. Diane Kirk</td>
<td><a href="mailto:DRKirk@fcsps.edu">DRKirk@fcsps.edu</a></td>
<td>Career Specialist</td>
</tr>
<tr>
<td>Ms. Leisa Weir</td>
<td><a href="mailto:Lweir@fcps.edu">Lweir@fcps.edu</a></td>
<td>Transcript Secretary</td>
</tr>
<tr>
<td>Ms. Magaly Rivas Wyatt</td>
<td><a href="mailto:MRWyatt@fcps.edu">MRWyatt@fcps.edu</a></td>
<td>Spanish Parent Liaison</td>
</tr>
<tr>
<td>Ms. Tracey Paterno-Hardy</td>
<td><a href="mailto:KTPaterno-Hardy@fcps.edu">KTPaterno-Hardy@fcps.edu</a></td>
<td>Public Health Nurse</td>
</tr>
<tr>
<td>Ms. Denise Lutz</td>
<td><a href="mailto:DMLutz@fcps.edu">DMLutz@fcps.edu</a></td>
<td>Clinic Aide</td>
</tr>
<tr>
<td>Ms. Jill Blasingame</td>
<td><a href="mailto:JCBlandingame@fcps.edu">JCBlandingame@fcps.edu</a></td>
<td>Employment &amp; Transition Representative</td>
</tr>
<tr>
<td>Mr. Justin Janis</td>
<td><a href="mailto:JJanis@fcps.edu">JJanis@fcps.edu</a></td>
<td>Systems of Support Teacher</td>
</tr>
</tbody>
</table>
Who to See For...

Attendance
- Ms. Deans in the front office

Health Issues
- Ms. Lutz in the clinic

Safety Concerns
- Security Office

Academic/Personal/College Help
- Counselor

Class Concerns
- Your teacher first, then counselor

College/Career Exploration
- Counselor
- Career Center (Ms. Kirk)

Concussion/Sports-Related Concerns
- Athletic Trainers (Mr. Rupp and Ms. Foster)

Athletics and Extracurricular Activities
- Activities Office (Room 173)
Graduation Requirements
Students who Entered 9th Grade for the First Time in 2013-2014 and beyond

In order to graduate, a student must earn the required standard and verified credits.
➢ A standard credit is awarded when the student passes the course.
➢ A verified credit is awarded when the student passes the course and passes the associated Standards of Learning (SOL) test or approved substitute test.

Diploma options for students:
➢ Standard Diploma
➢ Advanced Studies Diploma
➢ Special Diploma (students with an IEP only)

Verified Credits:
➢ Students earn verified credits when they pass a class and pass the associated SOL test. Students may also earn verified credits through VDOE approved assessments.
➢ Courses with associated SOL tests:
  ➢ English 11 (2 tests- reading and writing)
  ➢ World History 1, World History 2, US VA History
  ➢ Algebra 1, Geometry, Algebra 2
  ➢ Biology, Chemistry, Geosystems

### STANDARD DIPLOMA REQUIREMENTS

<table>
<thead>
<tr>
<th>Subject</th>
<th>Standard Credits</th>
<th>Verified Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Mathematics</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Laboratory Science</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>History and Social Sciences</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Health and Physical Education</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>World Languages, Fine Arts or Career &amp; Technical Education</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Economics &amp; Personal Finance</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Electives (must include sequential elective)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Student Selected Test</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Career &amp; Technical Education Credential &amp; Virtual Course</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
<td><strong>22</strong></td>
<td><strong>6</strong></td>
</tr>
</tbody>
</table>

### ADVANCED STUDIES DIPLOMA REQUIREMENTS

<table>
<thead>
<tr>
<th>Subject</th>
<th>Standard Credits</th>
<th>Verified Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Mathematics</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Laboratory Science</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>History and Social Sciences</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>World Language</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Health and Physical Education</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Fine Arts or Career &amp; Technical Education</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Economics &amp; Personal Finance</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Electives</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Student Selected Test</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Virtual Course</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
<td><strong>26</strong></td>
<td><strong>9</strong></td>
</tr>
</tbody>
</table>
Learning to Calculate Your GPA

Unweighted GPA

1. The first step in calculating a student’s GPA is to determine the total number of grade points. A grade point is determined using the following chart. (For example, an A is a 4.0; a B is a 3.0.)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Grade Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>(93-100) = 4.0</td>
</tr>
<tr>
<td>A-</td>
<td>(90-92) = 3.7</td>
</tr>
<tr>
<td>B+</td>
<td>(87-89) = 3.3</td>
</tr>
<tr>
<td>B</td>
<td>(83-86) = 3.0</td>
</tr>
<tr>
<td>B-</td>
<td>(80-82) = 2.7</td>
</tr>
<tr>
<td>C+</td>
<td>(77-79) = 2.3</td>
</tr>
<tr>
<td>C</td>
<td>(73-76) = 2.0</td>
</tr>
<tr>
<td>C-</td>
<td>(70-72) = 1.7</td>
</tr>
<tr>
<td>D+</td>
<td>(67-69) = 1.3</td>
</tr>
<tr>
<td>D</td>
<td>(64-66) = 1.0</td>
</tr>
<tr>
<td>F</td>
<td>(below 64) = 0.0</td>
</tr>
</tbody>
</table>

2. Determine a student’s total number of grade points by adding them up.
3. Determine GPA by dividing the Total Grade Points by 7.
   Then round to the nearest thousandth.
   \[ \text{GPA} = \frac{\text{Total Grade Points}}{7} = \frac{\text{Total Grade Points}}{7} \]

Weighted GPA

1. The first step in calculating a student’s GPA is to determine the total number of grade points. A grade point is determined using the following chart. (For example, an A is a 4.0; a B is a 3.0.) However, Honors classes receive a 0.5 boost and AP classes receive a 1.0 boost. For example, the grade point for a B in an Honors class is 3.5, not 3.0.

2. Determine the student’s total number of grade points by adding them up.
3. Determine GPA by dividing the Total Grade Points by 7.
   Then round to the nearest thousandth.
   \[ \text{GPA} = \frac{\text{Total Grade Points}}{7} = \frac{\text{Total Grade Points}}{7} \]
How to Survive the High School Years

1. Learn about the attendance policy and attend regularly.
2. Familiarize yourself with the rules of behavior and be a good citizen.
3. Know the dress code and follow school guidelines.
4. Know who your assistant principal and counselor are and the location of their office.
5. Understand each individual teacher’s classroom rules and expectations and follow them.
6. Maintain an assignment or agenda book, which could also be a calendar of tasks kept electronically as well.
7. Establish a schedule/routine and structure your time.
8. Keep a copy of the school calendar; know the report card and interim deadlines.
9. Get adequate rest and proper nutrition along with regular exercise.
10. Teen years are turbulent times; ups and downs are normal.
11. Growing up is hard work, a process and not achieved overnight.
12. Freedom and responsibility go hand and hand.
13. Strengthen lines of communication with your parents, teachers, counselor, etc.
15. Set goals on a daily and long-term basis.
16. Seek assistance when you need it such as teacher help, tutoring, etc.
10 Things for High School Students to Remember

1. Take time to think about what you like to do; dream and imagine ideal careers.
2. Challenge yourself in high school, but don’t overwhelm yourself.
3. Work, volunteer, or otherwise gain some experience.
4. Get as much education as you can.
5. Talk with as many adults as possible about careers and colleges.
6. Remember that everyone must follow his or her own path in life.
7. People change; don’t feel locked into any college or career now.
8. Don’t let anyone control your dreams and ambitions.
9. It’s never too early nor too late to get organized and begin making plans.
10. Never stop learning…read, grow, and expand your mind.
Ten Steps to Getting Good Grades

1. Believe in yourself.
2. Be organized.
   a. Use your agenda, take it with you to every class and write assignments in it daily.
   b. Use notebooks and folders for class notes.
   c. Keep your locker and book bag neat.
   d. Get organized before you go to bed.
3. Manage your time well.
   a. Use class time.
   b. Create your own study plan.
4. Be successful in the classroom.
   a. Be in school, on time, every day.
   b. Be prepared for class.
   c. Learn how to adapt to different teachers.
   d. Be aware of your body language.
   e. Always do your homework.
   f. Participate in class.
   g. Be a good group member.
   h. Treat others with respect and courtesy.
   i. Involve your parents.
5. Take good notes.
   a. Be an active listener.
   b. Recognize the important information.
   c. Take notes that are easy to read.
   d. Go over your notes as soon as possible.
   e. Get copies of class notes if you are absent.
6. Know how to read a textbook.
   a. Scan.
   b. Read.
   c. Review.
7. Study smart.
   a. Find a good place to study.
   b. Organize your study time by prioritizing.
   c. Know how to study for tests and use tricks to help memorization.
   d. Know how to write a paper.
8. Use test-taking strategies.
   a. Develop a plan.
   b. Mark the questions you want to go back to.
   c. Check your answers.
   a. Start studying early.
   b. Mentally practice going through the testing experience.
   c. Use relaxation techniques.
10. Get help when you need it.
STUDENT’S GUIDE TO HOMEWORK

QUESTIONS REGARDING HOMEWORK

*Why do I have homework?* Homework is an *essential* part of your educational experience. Homework *reinforces* what you have learned in class and helps you understand what will be *taught*.

*What is homework?* Homework includes *daily assignments, reading, studying for quizzes and tests* and *long term projects*.

HOMEWORK EXPECTATIONS

* To have the greatest impact on your learning homework must be *done well* and *completed on time*.

* Daily homework assignments should be written in your planner.

* Have a set time and place to do homework.

* If there is something related to homework that you do not understand you must see the teacher for clarification.

* Expect to have some form of homework every night.

* Homework must be completed and material packed and ready to go the night before it is due. *Do not* put off completing homework or packing your materials to the morning.

HOMEWORK HELP

* If you are experiencing difficulty with your assignment speak with your teacher first.

* If you are experiencing difficulty organizing your time or materials, or finding a place to complete your work speak with your counselor or teacher.

* If you misplaced your assignment go to Blackboard.

* Talk to your parents about your homework. Let them know what you are doing and how they can help you.

* Make an appointment at “The Center” to work with a peer tutor
Ten Terrific Test-Taking Tips

1. Read the instructions carefully. Never assume you know what they will say. Ask the teacher if you are unsure about anything.

2. Read/skim the entire test through before you start. Notice the point value of each section. This will help pace you.

3. Answer the easiest questions first, the ones you know; then the ones with the highest point values. Don’t spend 15 minutes on a two-point question.

4. Keep busy. If you get stuck on a question, come back to it later. The answer might come to you as you work on another part (or you might find it in another question if you’re lucky).

5. If you aren’t sure how to answer a question fully, try to answer part of it. You may get partial credit.

6. Need to guess on a multiple choice test? First, eliminate the answers that you know are wrong. Then take a guess. Because your first guess is more likely correct, don’t go back and change your answers or second-guess yourself.

7. On an essay test, take a moment to plan your writing. First, write down your most important points. Then number them in the order you want to write about them, which is a rough outline.

8. Keep your paper neat. If the teacher can’t read or can’t find the answer, you might lose points.

9. Don’t waste time doing things you won’t credit for—like re-writing the questions.

10. Leave time at the end to check your work. Did you answer all of the questions? Did you check for errors?
50 Study Skill Techniques

1. Write it keywords/definitions/notes several times
2. Act it out
3. Mnemonic devices (a formula/rhyme used to remember things)
4. Acronym (letter abbreviations such as ASAP)
5. Take time to think of examples
6. Study vocabulary
7. Complete review questions
8. Pay attention in class
9. Review bold/highlighted areas
10. Use prior knowledge to reinforce new learning
11. Note cards and flashcards
12. Say it or repeat it several times
13. Find a quiet place to study
14. Make a test/quiz
15. Study with a friend
16. Study previous quizzes
17. Sit in the front of the classroom
18. Sit away from distractions
19. Get to class early
20. When taking tests, use the process of elimination
21. Cover up all of the multiple choice answers, answer the question first
22. Read questions before the short stories
23. Preview chapter headings
24. Follow outlines of courses
25. Ask for help
26. Compare notes
27. Get a good night’s sleep
28. Make lists of notes
29. Study every night for 10-15 minutes
30. Visualize information in your head
31. Use pictures for clues
32. Use mapping to study
33. Do your homework
34. Study with background music
35. Rewrite notes
36. See the concepts performed or demonstrated (a math problem for example)
37. Answer the easiest questions first on a test
38. Listen to your teacher’s tone of voice
39. Use Blackboard
40. Come to school regularly and makeup the work you miss within two days
41. Check over your work when you are finished
42. Always read and follow directions
43. Set realistic goals
44. Prioritize
45. Use study breaks
46. Avoid using social media or texting when studying
47. Be an active listener
48. Stay after school for extra help or use your Cougar Time effectively
49. Stay positive
50. Use “The Center” for extra help
The Center

**Mission:** To collaborate in order to create a comfortable, open and dynamic space for the Oakton community that facilitates positive relationships and learning for all.

**WHO:** A team of dedicated and trained peer tutors, mainly juniors and seniors; most tutors have taken AP classes across the curriculum, including world languages and the arts.

**WHERE:** The center is located in the library (follow the paw prints). When the library is closed, it is located in Room 230.

**WHEN:**
- All Cougar Times
- Collaboration Wednesdays
- After school on Wednesdays
- Lunches:
  - Monday A & B Lunch
  - Tuesday A & B Lunch
  - Wednesday C & D Lunch
  - Thursday C & D Lunch

**HOW:**
- Walk-in or make appointment
- If you have any questions, please contact either Ms. Blankenship or Ms. August or email ohsthecenter@gmail.com.
Pre-College Timeline

Freshman Year

Establish academic and extracurricular credentials
- Enroll in college preparatory classes
- Study hard
- Strengthen vocabulary by reading
- Enter speech and essay contests for scholarships
- Learn computer skills
- Keep an academic portfolio and extracurricular record
- Become involved in extracurricular activities
- Explore careers and job opportunities in those careers
- Start to attend events on college campuses
- Know the NCAA eligibility requirements for college athletes
- Seek out your counselor to discuss future plans, goals, and aspirations
- Use Family Connection to keep track of college admissions and to explore colleges

Sophomore Year

- Take the PSAT in October
- Continue to enroll in college preparatory classes
- Study hard and consult teachers for help
- Save best work in academic courses and the arts for portfolio
- Continue to be involved in extracurricular activities—remember the level of involvement and accomplishment is more important than the number of activities
- Volunteer in the community
- Start attending college fairs
- Job shadow
- Begin saving money for college
- Use Family Connection

Junior Year

- Take the PSAT in October (scores may qualify for the National Merit Scholarship)
- Attend ACT or SAT preparation workshops
- Take the ACT or SAT in the spring
- Continue to enroll in college preparatory classes and take solid elective courses
- Run for leadership positions in clubs or organizations
- Research possible colleges and request info
- Visit college campuses
- Apply for summer academic or enrichment programs
- Complete the NCAA Eligibility Center Requirements if you are a student athlete interested in participating in collegiate sports
Senior Year

September:
- Meet with your counselor in the fall to discuss college/career plans and double-check graduation requirements
- Use Family Connection to meet with college admissions reps; go on college visits
- Speak with military recruiters who come to the school
- Review college materials and begin to finalize your application list
- Register for the SAT or ACT
- Begin asking teachers for letters of recommendation
- Begin brainstorming ideas for college essays
- Review college applications
- Research and apply for scholarships
- Stay focused on grades

October:
- Finalize your list of college choices to a reasonable number
- Schedule interviews or auditions
- Create a file for each of your college choices to keep materials organized
- Consider creating a master schedule of all your application deadlines
- Begin working on drafts of your college essays
- Start working on college applications
- Request letters of recommendations
- If you have a clear first choice, consider Early Action or Early Decision
- Have your SAT or ACT scores sent your colleges
- Register and take the ASVAB test
- Stay focused on grades

November:
- Finalize your drafts of college essays
- Continue to work on college applications (Thanksgiving is a good benchmark to start submitting applications)
- Request your official transcripts through Family Connection and follow Battlefield’s college application procedures
- Stay focused on grades

December:
- If you applied for early decision, expect notification this month
- Pay attention to college deadlines (some of the major Virginia public schools are due in January)
- Keep in mind winter break; application materials must be requested ten days prior to break
- Start detailed financial aid search, continue scholarship hunting
- Stay focused on grades

January:
- Get started on preparations for the FAFSA and complete as soon as possible after January 1st
- Stay focused on grades/mid-terms
February:
- Keep track of your college applications; be sure that all schools have received your materials
- Mid-year transcripts will be mailed out to colleges
- Stay focused on grades

March:
- College decision letters begin arriving
- Celebrate your acceptances, decide about your wait lists and deal positively with your rejections
- Finalize financial aid applications
- Continue searching for scholarships
- Stay focused on grades

April:
- Make your college choice decision
- Submit your tuition deposit (by May 1st)
- Continue searching and applying for scholarships
- Stay focused on grades

May:
- Submit paperwork for room and board
- Take your AP Exams and SOLs
- Plan senior activities such as Prom and Senior Trip
- Stay focused on grades

June:
- Celebrate your high school success
- Send thank you notes to anyone who has helped you
- Start planning for college
- Watch college’s summer deadlines (orientations, housing options, registration, etc.) closely

July:
- Register for fall courses at your college
- Begin preparing for your new adventure (i.e. buying all of your dorm room necessities)
- Stay out of trouble
Stressed? Try a Stress-Buster!

Hike...fish...chew peppermint gum...pop bubble wrap...sing...take a steamy shower...watch a comedy...draw...read...eat dark chocolate...dance...laugh...talk with friends...prioritize...watch team sports...knit...make jewelry...walk...clean...cook...exercise...listen to music...take deep breaths...visualize a comfort zone like the beach...build a snowman...swim...sculpture...bike...ask for help...cry...scream...go to the zoo...pet a dog...use positive self-talk...write...hug...spend time with family...hold hands...meditate...play a board game...yoga...cloud watch...roller skate...run...snowball fight...do crossword puzzles...cut the grass...bingo...play a video game...jog...love...crochet...skip stones in a pond...take a bubble bath...build legos...play softball...build sandcastles...travel...ice skate...write music lyrics...use lavender lotion...play Frisbee...go to Chuck E Cheese's...lift weights...bird watch...have a picnic...get a massage...rearrange furniture...get a haircut...shop wisely...tell ghost stories...smile...bake...garden...smell the roses...volunteer...play with children...call a grandparent...whistle...pick apples...tell a joke...star gaze...play an instrument...take photos...daydream...sky dive...water ski...blow bubbles...hum...put together a jigsaw puzzle...golf...tubing...keep a journal...karate...paint...football...debate...go to the circus...swing...pray...keep it simple...express anger...make crafts...focus on the present...give someone a compliment...cut down on commitments...set up a home spa...watch aquarium fish...take a nap...learn to say no...forgive...make a ‘to do’ list...wear comfortable clothes...ask questions...be honest...do not listen to, encourage, or spread gossip...put things into perspective...kayak...go to a parade...learn sign language...live in the moment...get up 15 minutes earlier...make duplicate keys...break large tasks into smaller ones...be prepared for rain...prepare for the morning the night before...don’t know all the answers...fly a kite...walk in the rain...do it today...listen to a symphony...go with goals...schedule play time each day...throw a paper airplane...become a better listener...plant a tree...get enough sleep...talk less, listen more...have a plan “B”...do everything in moderation...stop a bad habit...stretch...doodle...tickle a baby...look at problems as challenges...say hello to a stranger...slow down...watch the sunset...drink some water...avoid caffeine...stay away from social media...play ping pong...whistle...make popcorn...eat a balanced diet...light a candle...learn assertive communication skills...don’t procrastinate...read a poem...do something new...find some quiet time...play more restrooms breaks...eat a handful of pistachio nuts...enjoy the company of friends...simplify...go to bed on time...delegate tasks to others...help others...clean out a closet...finger paint...makes funny faces in the mirror...create a treasure book...look at pictures...take a mini-vacation...twirl or spin...play Guitar Hero...write a thank you note...play with silly putty...use a stress ball...play tennis...jump rope...hop scotch...stay away from the news...throw a party...use clay...look at nature photos...visit a park...dim the lights...drink herbal tea...engage in a hobby...scrapbook...make candles...wood work...organize...paintball...turn off the TV...skip...relax muscles...use a hot tub...think positive...water gun fight...playdough...manage time effectively...take a break...ask for help...develop patience...run through a sprinkler...go horseback riding...make a gift for someone...write a letter...get some sunshine...listen to nature...give self a scalp massage...visit a pet store...jump on a trampoline...visualize a peaceful room...punch a punching bag...relax