

## WHY IT'S IMPORTANT TO PARTICIPATE...

- *It gives structure to your days - this helps beat boredom, and will help each day feel a bit different than the last.*



- *Putting an effort in can make you feel good about yourself! Feeling accomplished can help boost your mood - especially if it's been a bit low lately...*

- *Your teachers can use the work you're doing now to raise your final grades.*



- *Participating will keep you connected to your classmates and teachers - and feeling connected during this challenging time, is really important!*

- *Participating now will help you next year. Continuing your learning this year will help you prepare for the grade you're going into.*



- *Forming good habits is really important! This can be an \*opportunity\* to strengthen your independent study habits, take initiative, and work on your organization skill!*