

Let's Get Into Rhithm



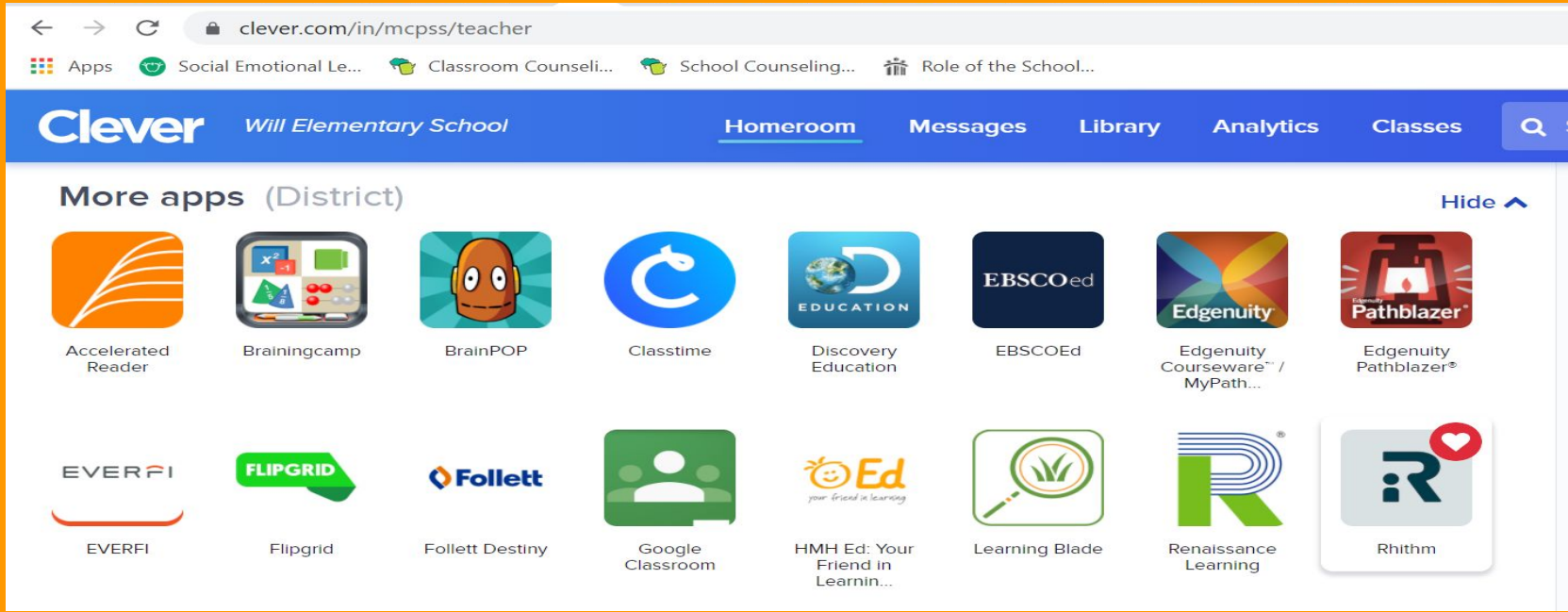
How Do I Get Into Rhithm?

Step 1: Log into Clever



How Do I Get Into Rhithm?

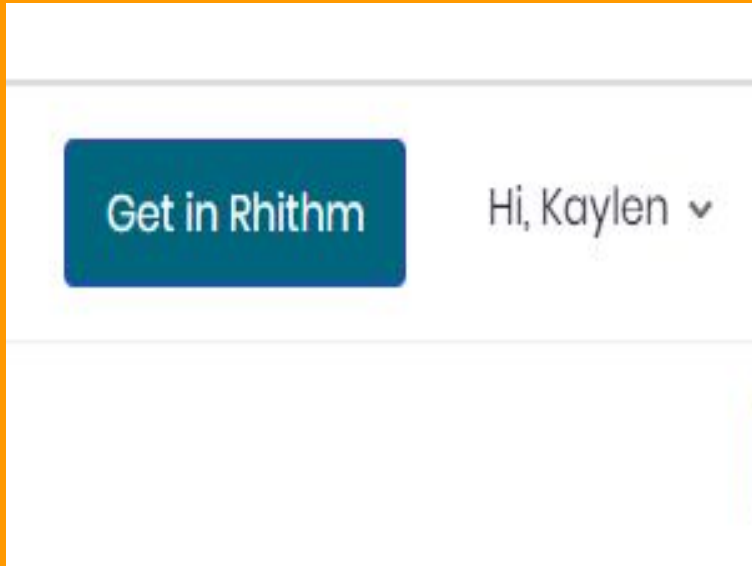
Step 2: Once in Clever, scroll down to the Rhithm app in the “More Apps” section.



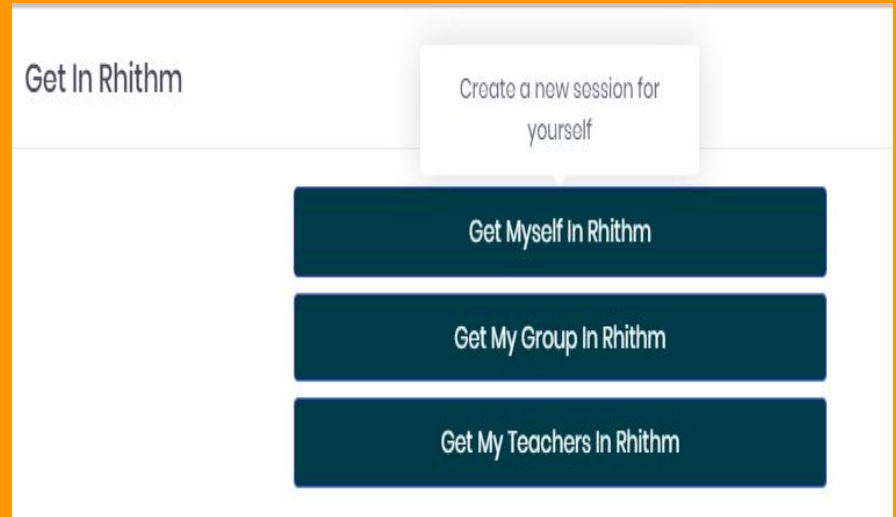
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Once you are on the Rhithm website...

Step 3: Click on the Rhithm button by your name

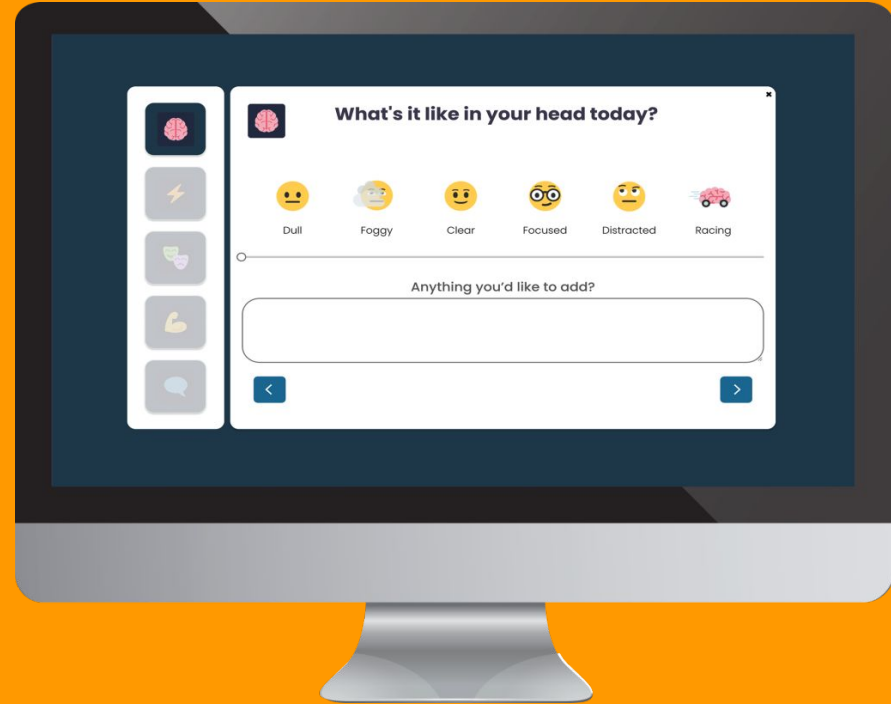


Step 4: Click on “Get Myself in Rhithm” and take the Rhithm BellRinger



How Do I Get Into Rhithm?

- Take the wellness check-in quiz!
- In the “**Anything You’d Like To Add?**” section, type more information to tell why you chose your emoji answer. Describe why you are feeling that way.



How Do I Get Into Rhithm?

- At the end of the wellness check-in quiz, **watch the videos that are provided to you.** These videos provide problem solving and coping skills/strategies that you can practice and use to help with your feelings.
- You have to do **at least one** of the exercises/coping skills that are shown after you complete wellness check-in quiz to practice positive coping skills.