



COUNSELOR CORNER

WITH MISS KELLY

We're all in this together!

Dear Parents/Guardians,

I hope you are doing well. I've created this document to help your child with social-emotional-behavioral needs at this time. Please use this resource as a way to help your child stay calm and focused while at home. This time can be stressful for all, but I hope these activities and resources can help your entire family.

In this document, I will go over mindfulness, our school theme HEART, and coping skills. I have attached some direct links for you to access websites with more information regarding activities I have provided, plus additional resources.

Please don't hesitate to email me if you have any questions or concerns.

Sincerely,

Miss Kelly



Hotlines & Support

*If a crisis arises, please dial 9-1-1

Dial: 2-1-1

- Receive assistance connecting to community resources in your area. 211 helps with essential needs such as food, housing, and financial assistance

VIALINK

- Text Line at 504-777-3273
- Call 2-1-1 for crisis or looking for resources
- For crisis counseling call 1-800-273-825

Boys Town Hotline

- Call: 1-800-448-3000
- Online Chat: www.yourlifeyourvoice.org

Plain Language Info on COVID-19

If your child is asking questions about the virus, or you would like to share with them more information, the following link reviews the virus in plain language. This document has been designed specifically for people with disabilities.

Self-Advocacy Resource and Technical Assistance Center (SARTAC)

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>



MINDFUL MINUTE

Let's take a moment to quiet ourselves and relax.



WHAT IS MINDFULNESS?

“Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.”

Resource - <https://kidshealth.org/en/kids/mindfulness.html>



Everyone ready to practice mindfulness?

Make sure you are in a quiet area and relaxed.

Magnetic Hands



Breathe in deeply through your nose (1-2-3-4).
Breathe out fully through your mouth (1-2-3-4).

Put your hands in front of you shoulder width apart and palms facing each other.
Pretend there is a magnet that is slowly drawing your palms together.

Bring your palms very, very close until they almost touch.
Then slowly bring your palms back out again.
Keep breathing. Repeat.

GREAT JOB!

If you are interested in more mindfulness activities, please click the following links for activities and videos:

- Headspace - <https://www.headspace.com/meditation/kids>
- 3 Minute Body Scan - https://www.youtube.com/watch?v=ihwcv_ofuME
- Connecting to Nature - <https://www.mindful.org/mindfulness-practice-preschoolers-connects-kids-nature/>



Honest

Appropriate

Thankful

H E A R T

Engaged

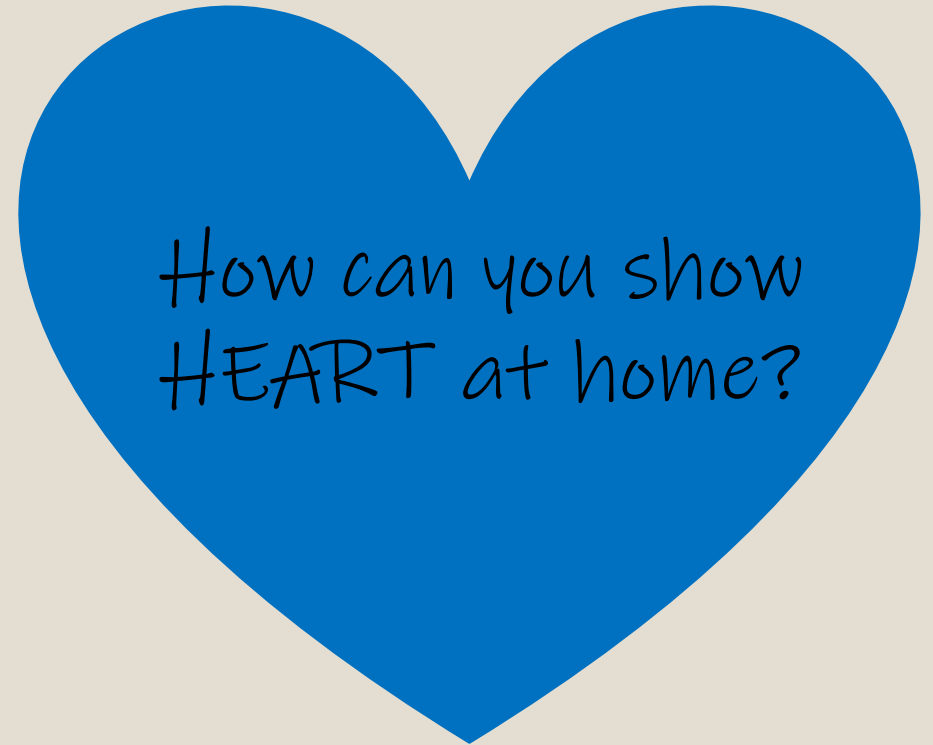
Responsible

Do you have HEART?

- HEART is our school theme that focuses on positive characteristics
- HEART stands for:
 - **H** = Honest
 - **E** = Engaged
 - **A** = Appropriate
 - **R** = Responsible
 - **T** = Thankful

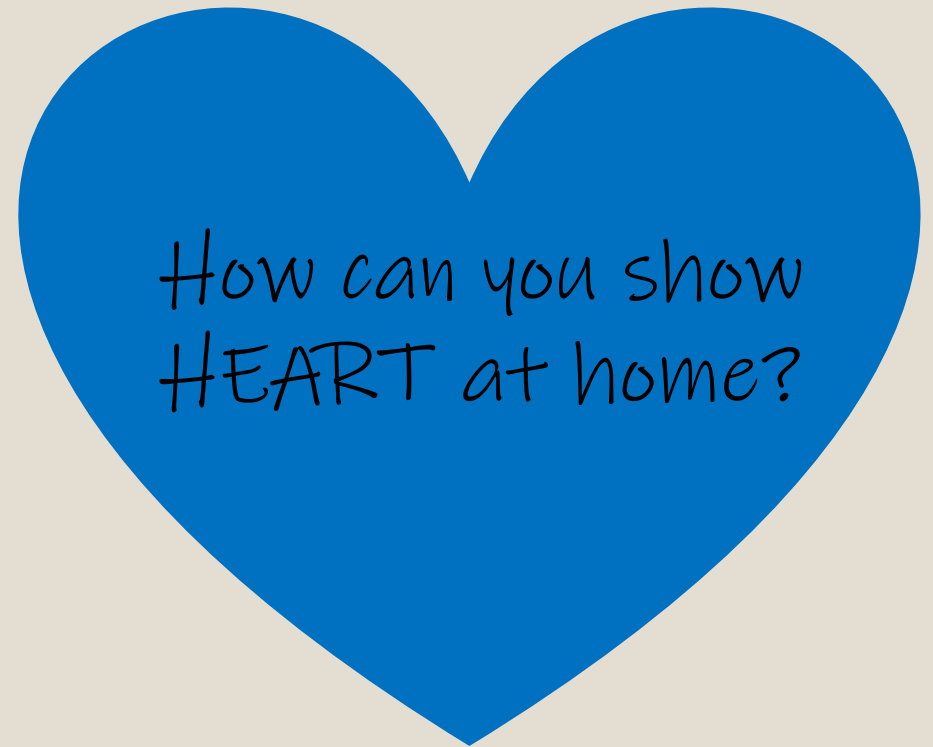
Honest

- Tell the truth
- Be trustworthy
- Have integrity



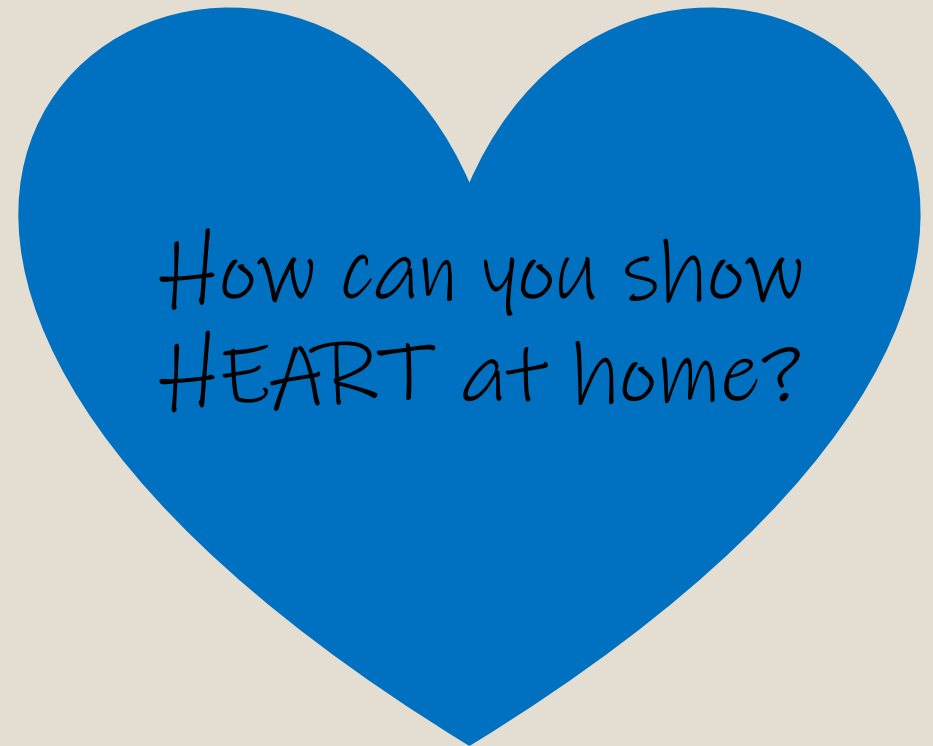
Engaged

- Listen
- Stay focused



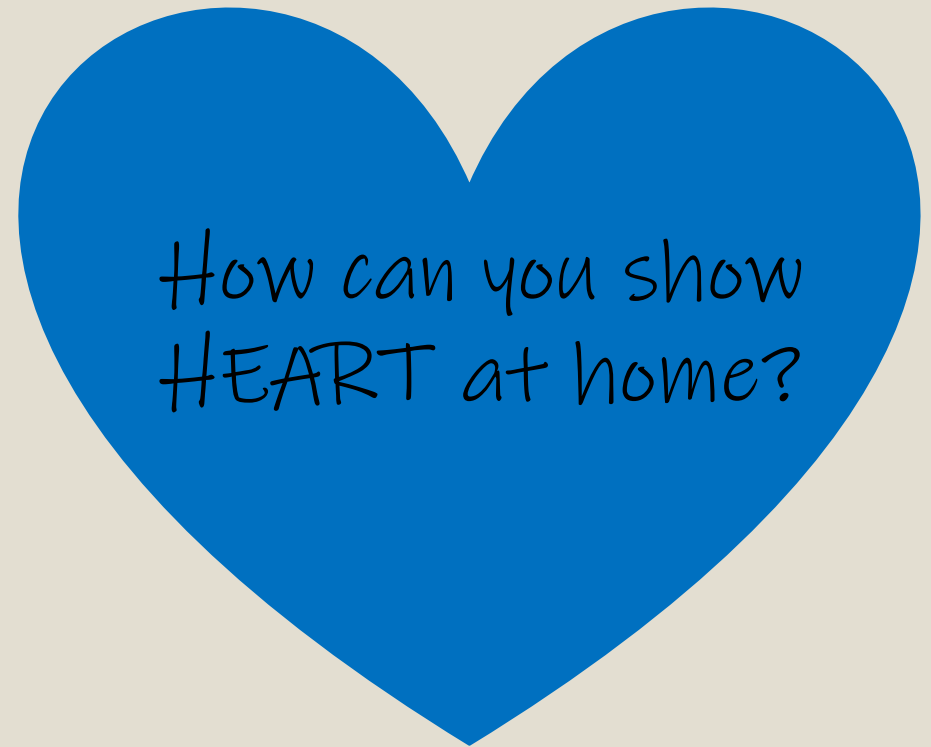
Appropriate

- Be respectful
- Use kind words
- Be a role model



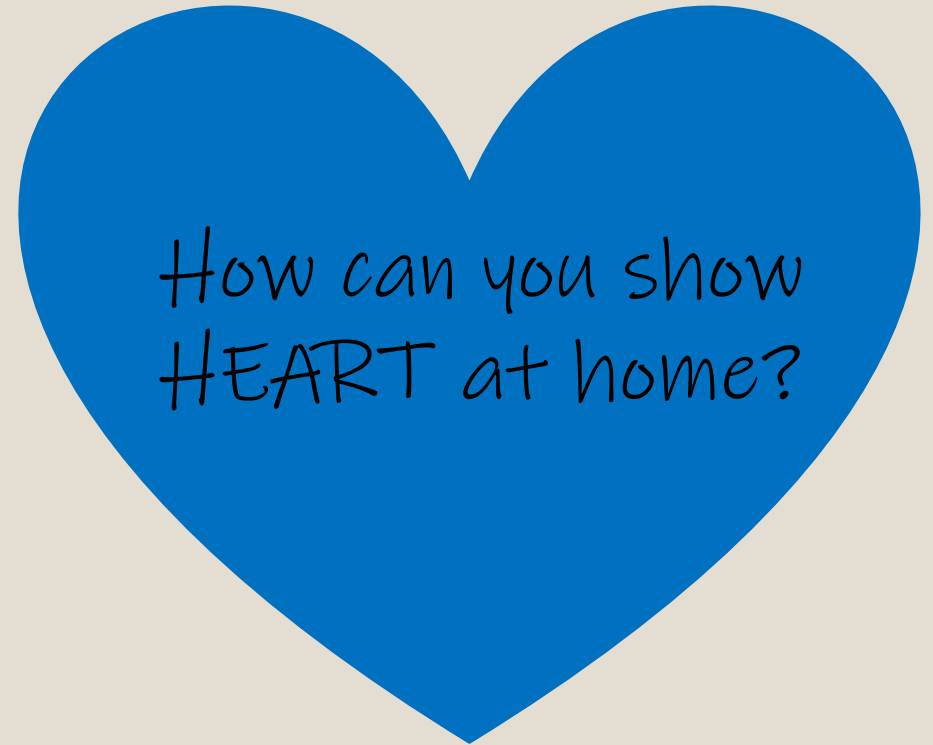
Responsible

- Do your work
- Take care of belongings



Thankful

- Thank God
- Thank others
- Be grateful





COPING SKILLS



WHAT ARE COPING SKILLS?

A coping skill is a way a person calms down when they are angry, frustrated, or scared.

The next few slides will give you examples of coping skills you can try at home!

Ideas of coping skills:

1. Take deep breaths



2. Exercise

- Yoga - <https://www.youtube.com/user/CosmicKidsYoga>
- Go for a walk



Ideas of coping skills:



3. Listen to music

- Calm, relaxing music - <https://www.youtube.com/watch?v=WUXEeAXywCY>
- Listen to your favorite song

4. Count to 10

- Put your finger on the number as you say it out loud



Ideas of coping skills:



5. Blow bubbles

- If you do not have bubbles at home, here is a link to a fun video to watch:

GoNoodle Poppin' Bubbles - <https://family.gonoodle.com/activities/poppin-bubbles>

6. Squeeze something in your hand

- Stress ball
- Playdoh



Ideas of coping skills:

7. Draw, paint, or color

- You can design anything you would like!



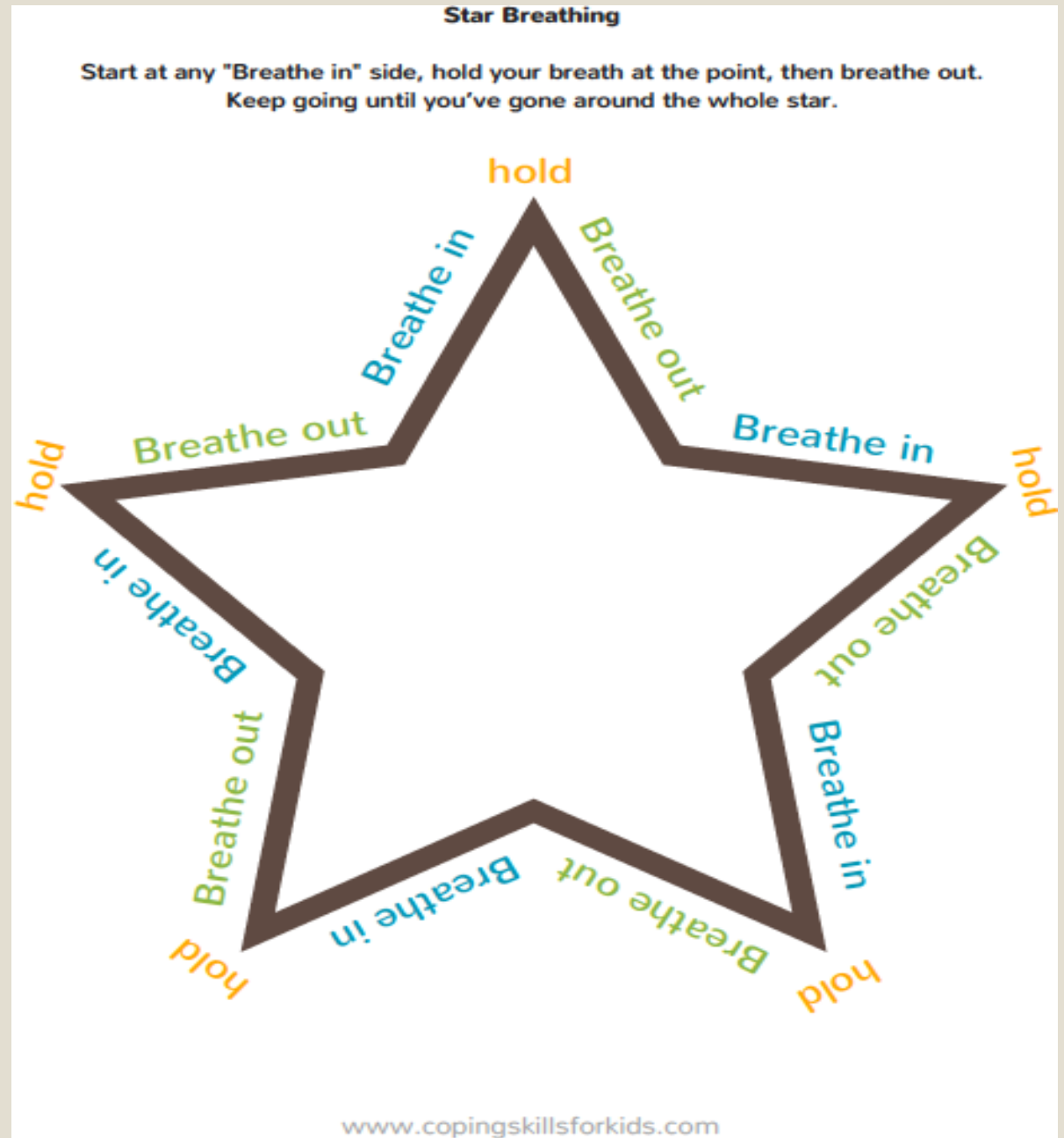
Ideas of coping skills:

8. Talk about your feelings

- Don't be afraid to talk to someone about your feelings
- It is important to share how you feel
- You can use this picture to point to how you feel →



Coping Skill: Star Breathing



Resource: <https://copingskillsforkids.com/>

Coping Skill: 54321

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

5 4 3 2 1 Grounding Exercise





APPS

The following FREE apps can be downloaded to any phone/tablet. Just go to your App Store on any device and search the name of the app in the search bar.

Apps

- Mindfulness apps - help with sleep, being calm, and breathing
 - Stop, Breathe, & Think Kids
 - Mindful Powers
 - Headspace
 - Calm
 - Relax Melodies
- Yoga apps
 - Cosmic Kids Yoga
 - Super Stretch Yoga

Letter from Miss Kelly

Students,

I miss you very much! Remember, it is important that you do your work, be sweet, and listen to your family. Make sure you are following directions and being kind to everyone. Just like you show HEART at school, we want you to show HEART at home, too! Show your family how you are Honest, Engaged, Appropriate, Responsible, and Thankful.

Also, remember to be calm. You may feel anxious or frustrated, but you can practice the coping skills I have listed for you. Your family is there to help you.

Take a deep breath and tell yourself, "I can be calm."

I can't wait to see you soon.

Love,
Miss Kelly



References/Resources

- Kids Health - <https://kidshealth.org/en/kids/mindfulness.html>
- Go Zen - <https://gozen.com/a-mindful-minute-3-fun-mindfulness-exercises-for-kids/>
- Coping Skills for Kids - <https://copingskillsforkids.com/>
- GoNoodle - <https://family.gonoodle.com/activities/poppin-bubbles>
- Headspace - <https://www.headspace.com/meditation/kids>
- 3 Minute Body Scan - https://www.youtube.com/watch?v=ihwcw_ofuME
- Connecting to Nature - <https://www.mindful.org/mindfulness-practice-preschoolers-connects-kids-nature/>
- Cosmic Kids Yoga - <https://www.youtube.com/user/CosmicKidsYoga>
- Relaxing Music - <https://www.youtube.com/watch?v=WUXEeAXywCY>