



COUNSELOR CORNER

WEEK #2
WITH MISS KELLY

Slides created by Kelly Oser, LMSW

Dear Parents/Guardians,

I hope you enjoyed last week's Counselor Corner. This week's focus is on social-emotional books that you can read/listen to with your child. I have attached links to YouTube videos of the books being read aloud.

I recommend watching one or two of these videos each day and talking to your child about the message that the book is conveying.

At the end of this document, I also added support resources that were not included in the first Counselor Corner. I added some helpful resources for you, as the parent/caregiver, to take care of yourself during this time.

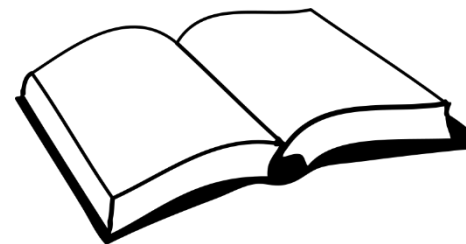
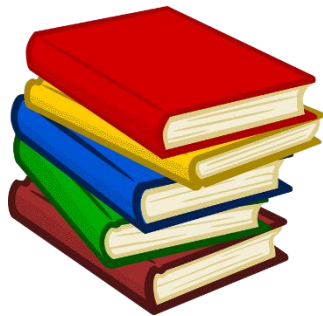
As always, feel free to contact me if you have any questions or concerns.

Sincerely,
Miss Kelly



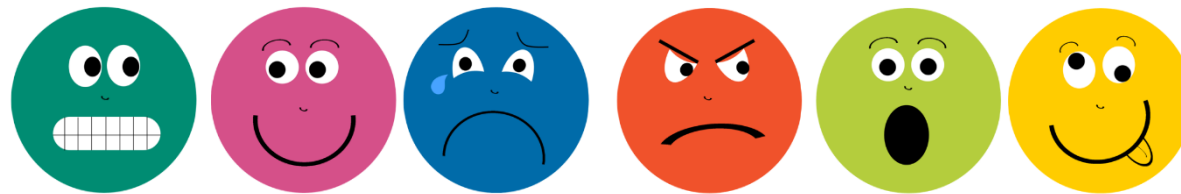


LET'S START TO
READ!





BOOKS ABOUT ALL EMOTIONS



In My Heart: A Book of Feelings

Author – Jo Witek

Topic – How our hearts can feel many different feelings

Video - <https://www.youtube.com/watch?v=xIfLgHBwYx4>

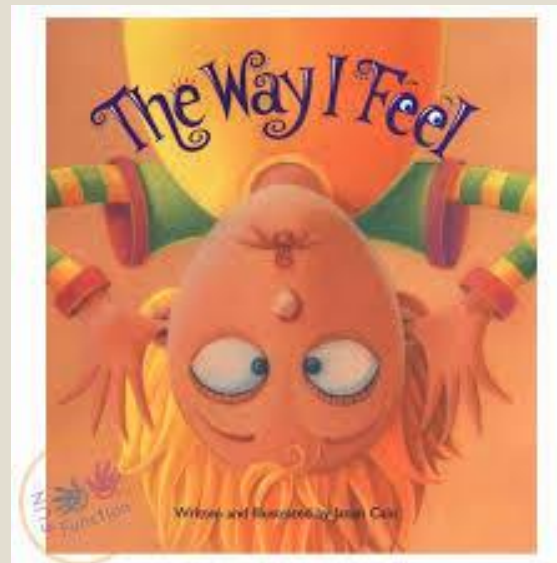


The Way I Feel

Author – Janan Cain

Topic – Explaining emotions

Video - <https://www.youtube.com/watch?v=ITPUxVQ6UIk>

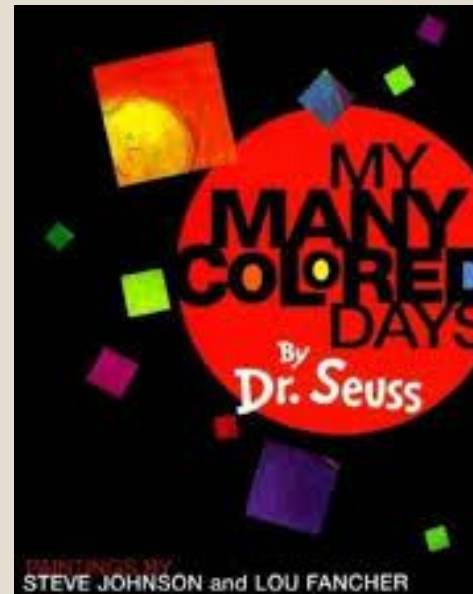


My Many Colored Days

Author – Dr. Seuss

Topic – Putting colors to moods

Video - <https://www.youtube.com/watch?v=Lum83DLPXlw>

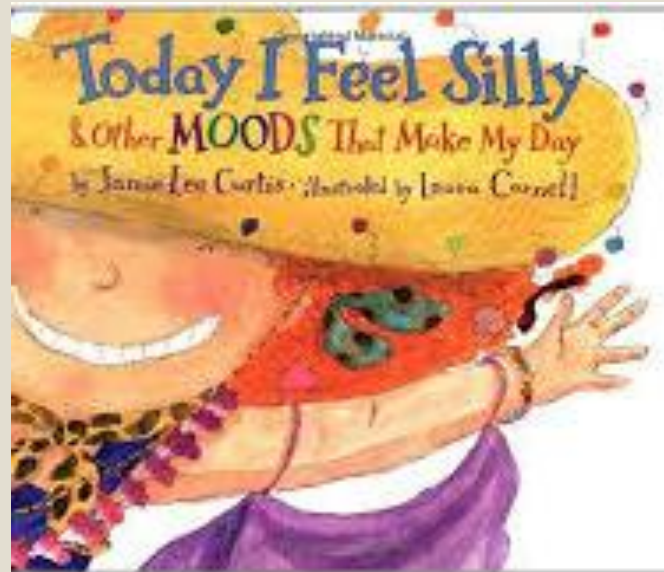


Today I Feel Silly

Author – Jamie Lee Curtis

Topic – Encouraging us to express our emotions

Video - <https://www.youtube.com/watch?v=0OuT4QH07A0>

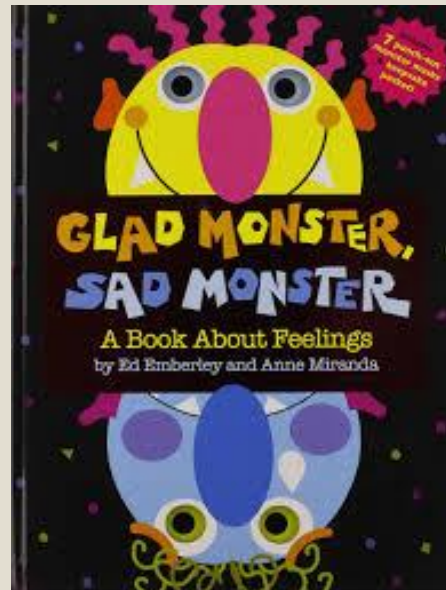


Glad Monster Sad Monster

Author – Ed Emberley

Topic – Walking through a range of emotions we all feel

Video - <https://www.youtube.com/watch?v=0VRbn4bIYgl>

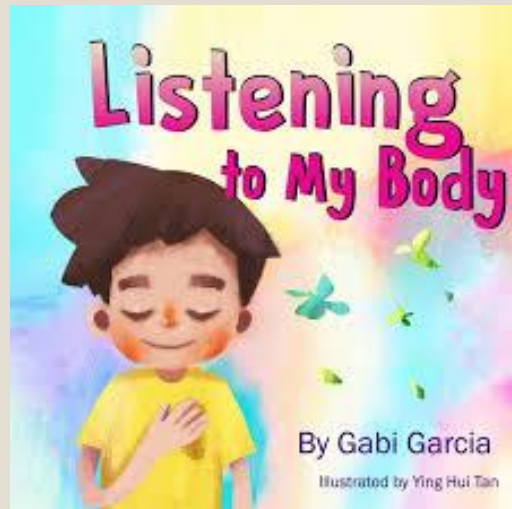


Listening to My Body

Author – Gabi Garcia

Topic – Practice naming feelings and physical sensations that come with feelings

Video - <https://www.youtube.com/watch?v=-B6Rik-TA-Q>





BOOKS ABOUT SADNESS & ANGER

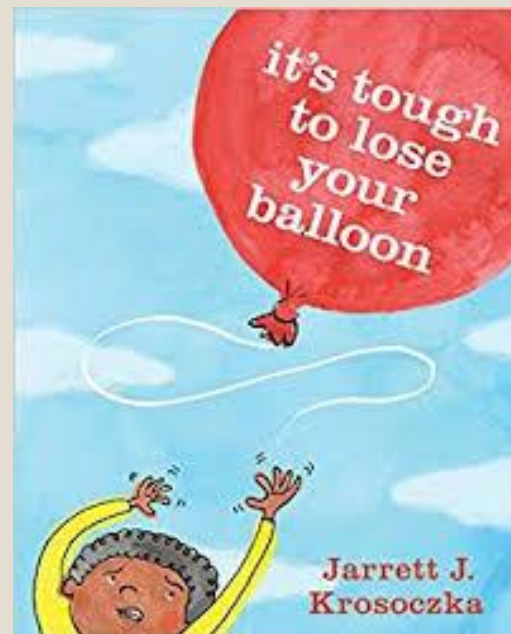


It's Tough to Lose Your Balloon

Author – Jarrett J. Krosoczka

Topic – Creating opportunities out of obstacles

Video - <https://www.youtube.com/watch?v=ZBKGk1FADII>

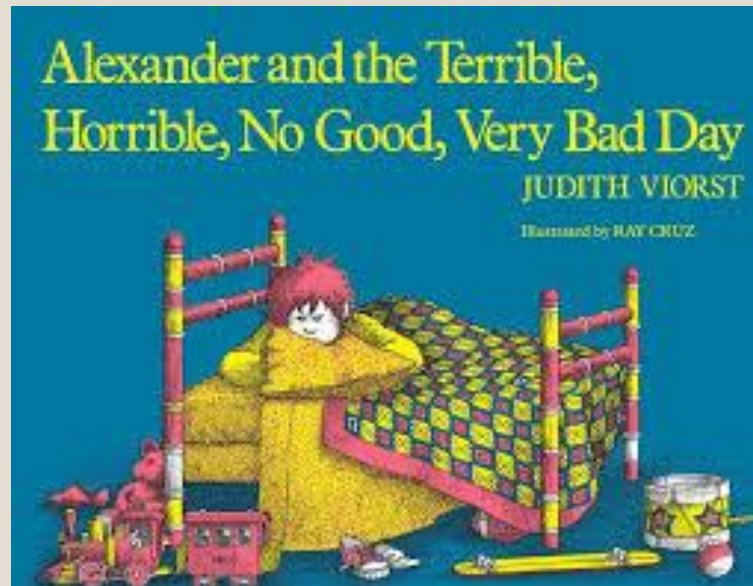


Alexander and the Terrible, Horrible, No Good, Very Bad Day

Author – Judith Viorst

Topic – When you're just not having a good day

Video - <https://www.youtube.com/watch?v=h6rp0SZX7lg>

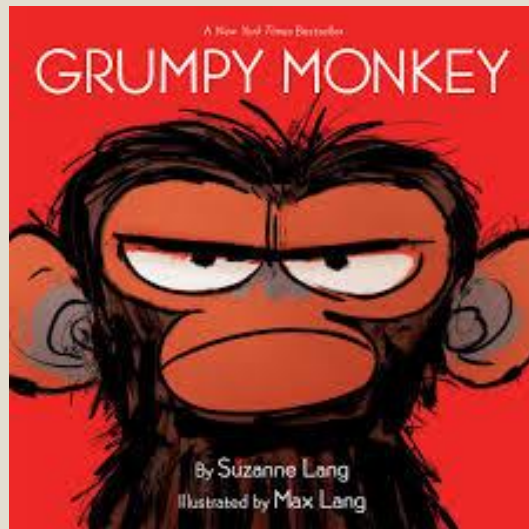


Grumpy Monkey

Author – Suzanne Lang

Topic – It's okay to have a grumpy day! We are allowed to feel grumpy feelings.

Video - <https://www.youtube.com/watch?v=wylzbbSL668>





BOOKS ABOUT WORRIES

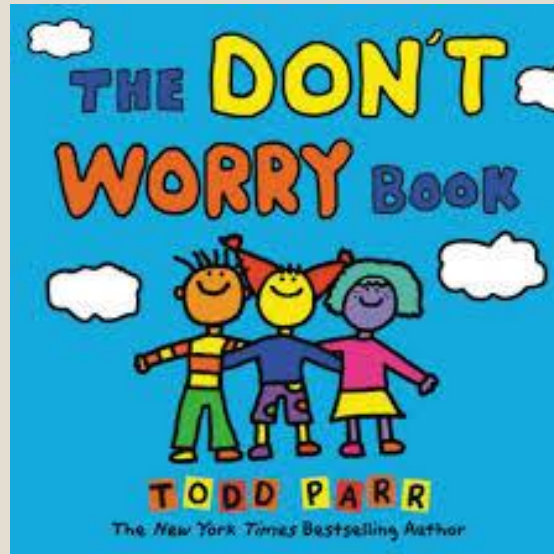


The Don't Worry Book

Author – Todd Parr

Topic – Reassuring kids that even when we are worried, there is something comforting around the corner

Video - <https://www.youtube.com/watch?v=0zpH3f1TMzM>

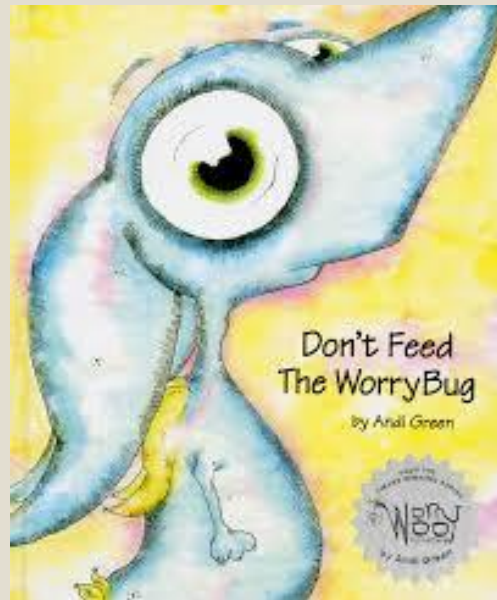


Don't Feed the Worry Bug

Author – Andi Green

Topic – How to not let your worries ruin your day

Video - <https://www.youtube.com/watch?v=x8aA-MQbT5A>

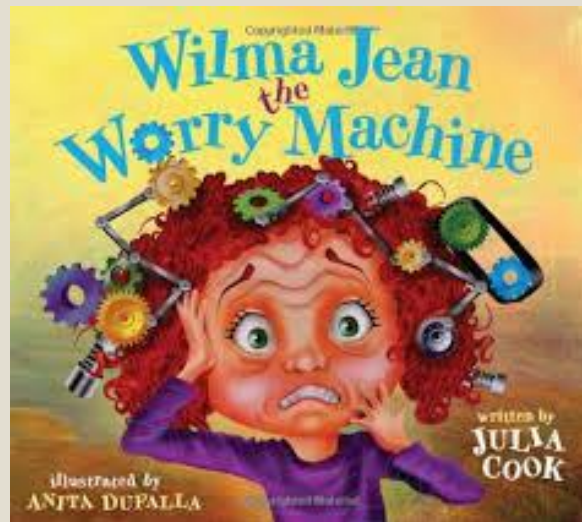


Wilma Jean the Worry Machine

Author – Julia Cook

Topic – Figuring out what worries you can control and what worries you cannot control

Video - <https://www.youtube.com/watch?v=gpAijfP99Ng>





BOOKS ABOUT BEHAVIOR

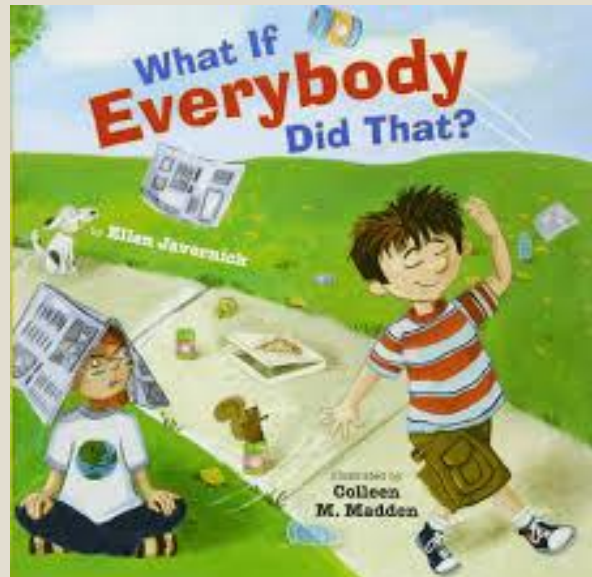


What If Everybody Did That?

Author – Ellen Javernick

Topic – Breaking rules & consequences of thoughtless behavior

Video - <https://www.youtube.com/watch?v=SD0apYFz5gg>

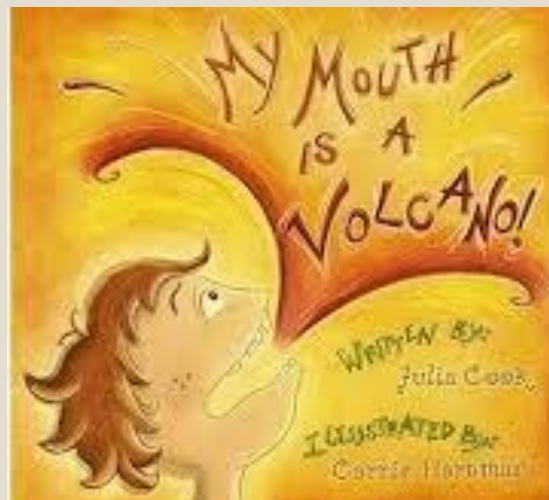


My Mouth Is A Volcano

Author – Julia Cook

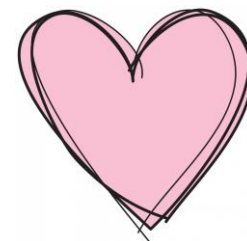
Topic – Teaching children how to manage words and thoughts

Video - <https://www.youtube.com/watch?v=9KeIS4z5loE>





BOOK ABOUT
CONNECTION &
LOVE

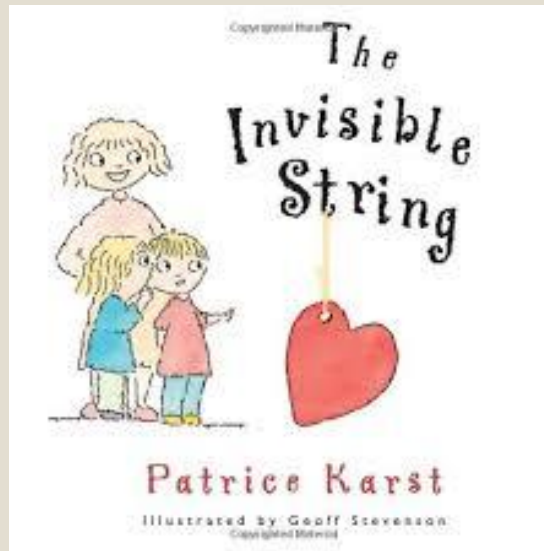


The Invisible String

Author – Patrice Karst

Topic – We are all connected by love, even when we are not physically with a person

Video - <https://www.youtube.com/watch?v=cO2LBBBtAI>





ADDITIONAL RESOURCES

Please see the next slide for additional resources.

Resources

- Families Helping Families

- Interactive ZOOM sessions for families with individuals with disabilities
 - Stacey Badon, owner of Everything Autism Strategies for Home, will review tips for working with your child at home.
- There are multiple ZOOM sessions over the next few weeks, but below is the link to the next session, March 28th. Click the link below to register:

<http://events.r20.constantcontact.com/register/event?oeidk=a07egz973rc7ac5f746&lr=ifmaz8bab>

- Zensational Kids Workshop

- Parents & Caregivers ZOOM call – Mindful Tools for Staying Sane and Creating Calm
 - 1 hour session every Thursday at 9:00am – to help YOU with your own well-being
- Click the link below to register:

<https://zensationalkids.com/mindful-tools-call/>

Resources

- National Alliance on Mental Health (NAMI)
 - Mental Health Support – Keep Calm Through COVID 19 hotline (1-866-310-7977)
 - Free, confidential counseling 24/7
 - Website - <https://www.nami.org/>
- Second Harvest Food Bank
 - If you need food assistance, call toll-free Monday- through Friday, 8am to 7pm:
 - 1-855-392-9338
 - Website - <https://no-hunger.org/>

Taking Care of YOU!

It is important to take care of yourself right now.

- Here are some resources to help with relaxing and meditating:
 - Deep breathing - <https://www.headspace.com/>
 - Yoga - <https://www.youtube.com/watch?v=Ax7FWso-RGk&vl=en>
 - Relaxing music - https://www.youtube.com/watch?v=qB0Gms_GrtQ
 - Color a Mandala - <https://www.mombooks.com/dp-online-activity/mandala-colouring/>

MANAGING CORONA VIRUS (COVID-19) ANXIETY

- 
- ♥ For You
- Avoid excessive exposure to media coverage
 - Connect through calls/text/internet
 - Add extra time for daily stress relief
 - Practice self-care
 - Focus on your mental health

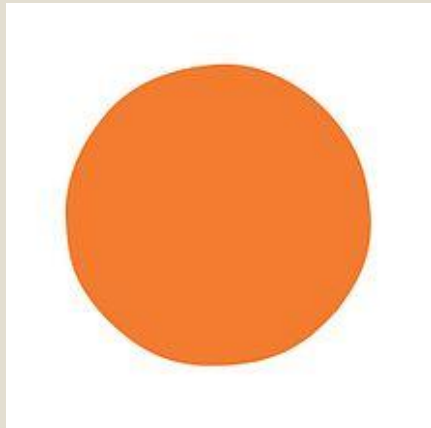
BlessingManifesting

- 
- For Kids
- Reassure them that they're safe
 - Let them talk about their worries
 - Share your own coping skills
 - Limit their news exposure
 - Create a routine & structure

- 
- For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
 - Create a daily self-care routine
 - Keep yourself busy: games, books, movies
 - Focus on new relaxation techniques

Helpful Apps

Both of these apps are wonderful ways to stop and focus on mindfulness. The picture above the name is what the app looks like in the App Store.



Headspace



Calm