



COUNSELOR CORNER

WEEK #3
WITH MISS KELLY

Slides created by Kelly Oser, LMSW

Dear Parents/Guardians,

Here is your Counselor Corner week #3! In this presentation, I have included ways to talk to your child about their feelings, a fun mindfulness activity, a fun family activity, and a wonderful book for kids that focuses on their “Corona fears”.

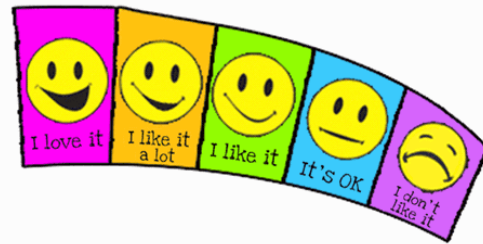
I hope these resources provide you all with some support. My goal in creating these documents is to help both you and your child with emotional needs. This is a strange time for us all, so I wanted to share fun, helpful ways to create some peace in your home.

As always, I am praying for your family. Please tell your child I said Hello!

Sincerely,
Miss Kelly



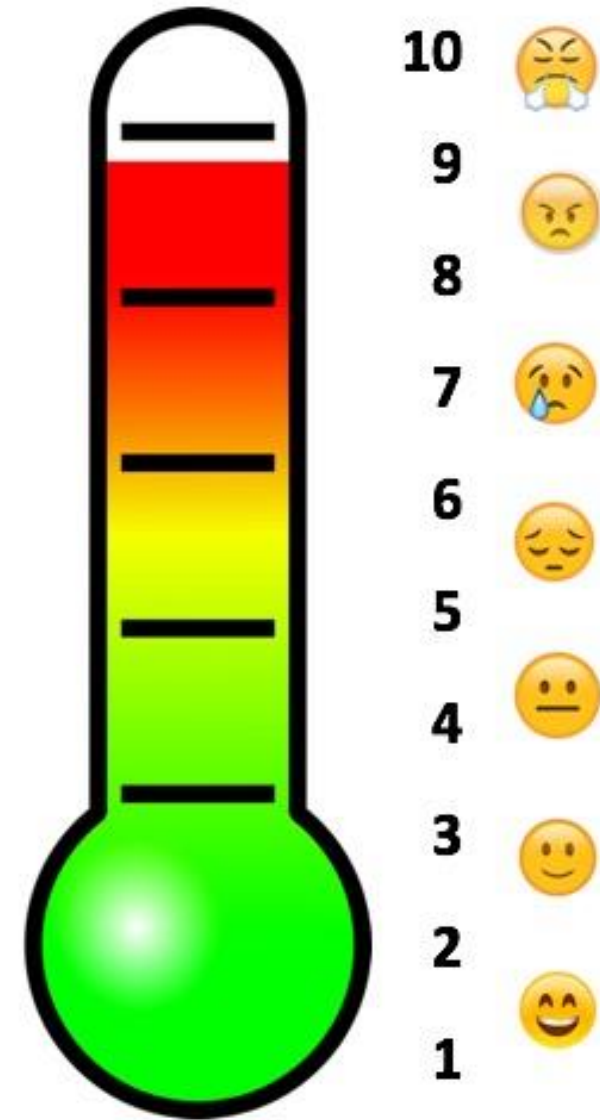
IDENTIFYING FEELINGS



Feelings Thermometer

This is a great tool to check in with your child and see how they are feeling. You can use this as a visual and ask them to point to where they are feeling.

FEELINGS THERMOMETER



Feeling Zones

- I created the following slides tying in feelings and characters from the movie *Inside Out*. (*If you haven't watched this Disney movie yet, I highly recommend!)
- During classroom lessons, I went over these Feeling Zones with all students, so they should be familiar with them.



GREEN ZONE



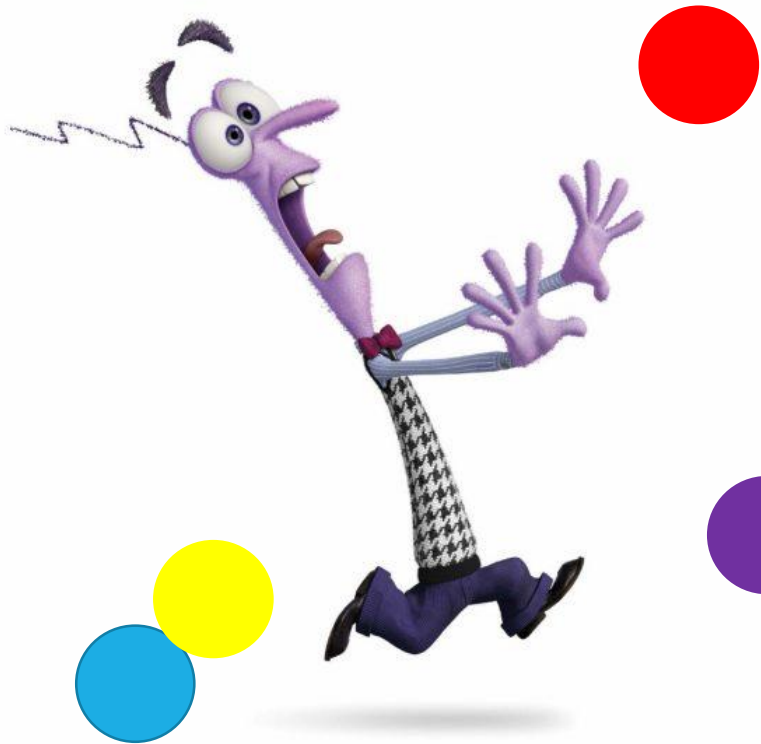
- ✓ Happy
- ✓ Calm
- ✓ Feeling Okay
- ✓ Focused
- ✓ Ready to Learn

GREEN ZONE

TOOLS :

- ✓ **Complete your work.**
- ✓ **Listen.**
- ✓ **Think happy thoughts.**
- ✓ **Help others.**

YELLOW ZONE



- ✓ Frustrated
- ✓ Worried
- ✓ Silly
- ✓ Excited
- ✓ Loss of Some Control

YELLOW ZONE TOOLS :

- ✓ **Take a break.**
- ✓ **Talk to someone.**
- ✓ **Take 3 deep breaths.**
- ✓ **Go for a walk.**

RED ZONE



- ✓ Mad/Angry
- ✓ Mean
- ✓ Yelling/Hitting
- ✓ Disgusted
- ✓ Out of Control

RED ZONE TOOLS :

- ✓ Take a break.
- ✓ Take 3 deep breaths.
- ✓ Count to 10.
- ✓ Talk to someone.
- ✓ Go for a walk.

BLUE ZONE



- ✓ Sad
- ✓ Sick
- ✓ Tired
- ✓ Bored
- ✓ Moving Slowly

BLUE ZONE

TOOLS :

- ✓ Take a break.
- ✓ Think happy thoughts.
- ✓ Draw a picture.
- ✓ Listen to music.
- ✓ Talk about your feelings.

MINDFULNESS



Treehouse Relaxation Script

“This relaxation script is related to finding a peaceful place. Activities that support children finding a peaceful place help them to feel safe and re-establish feelings of tranquility when they are experiencing challenging emotions. Next time your child is experiencing stress, worry, tension or other unwanted emotion, read this relaxation script to help him to calm down. Happy Climbing!” – Kids Relaxation

- Click the link below and read the script aloud to your child:

<http://kidsrelaxation.com/uncategorized/treehouse-relaxation-script/>



WE'RE GOING ON A BEAR HUNT

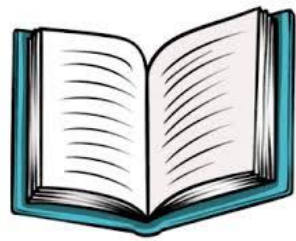


Let's see how many you can find!

Bear Hunt

- Children all over the world are going on a bear hunt! As a family, you can either go on a bear hunt around your neighborhood, or you can put a stuffed bear on your porch/in a window for others to look for.
- Here is a link to an article about ways you and your family can join in on the bear hunt:

<https://www.usatoday.com/story/life/2020/03/30/coronavirus-teddy-bear-hunts-challenges-children-safe-walking-activities/2937592001/>



CAROLINE CONQUERS HER CORONA FEARS



Authors - Kellie Camelford, Krystal Vaughn, & Erin Dugan

Caroline Conquers Her Corona Fears

- The link below is a story/coloring book created by clinicians at the LSU Health Sciences Center in New Orleans, LA.
- At the end of the book, there is a household scavenger hunt to create your own personal coping kit! It can be a fun activity for your family to enjoy together.

<https://alliedhealth.lsuhscc.edu/clinics/docs/CarolineConquersHerCoronaFears32020.pdf>