



COUNSELOR CORNER

WEEK #5
WITH MISS KELLY

Slides created by Kelly Oser, LMSW

Dear Parents/Guardians,

Here is your Counselor Corner week #5! In this presentation, I have included a mindfulness activity, gratitude activities, and online safety tips. I hope these activities are fun and a great way to get other family members involved, even if they are not in the home with you.

Sending lots of prayers your way.

Sincerely,

Miss Kelly





MINDFUL MINUTE

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



DO YOU REMEMBER WHAT MINDFULNESS IS?

Here is a refresher if you forgot:

“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>

“Happy Heart”



Click the link to access
the “Happy Heart”
mindfulness activity.



Resource - <https://www.greenchildmagazine.com/guided-relaxation-happy-heart/>

Free Guided Relaxation Scripts

- The previous activity was taken from The Green Child Magazine website. There are many other free, guided relaxation scripts on the website if you are interested. Click the link below:
- <https://www.greenchildmagazine.com/free-meditation-guided-relaxation-scripts-kids/>



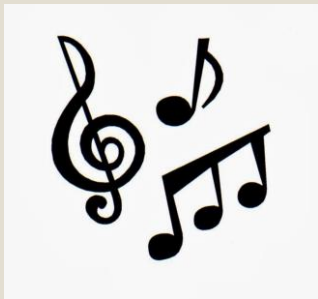
I am
THANKFUL
For...

There are many things to be thankful for!

- Take a minute to think about all of the things in life you are thankful for. Look at the pictures below to see what reminds you of what you are thankful for. Try and think of at least one other thing you are thankful for that is not pictured below.

Family

TEACHER



Here is a fun game you can play with your family! Gather all of your items and share with a family member.



Gratitude

Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love

The logo features the word "Gratitude" in a large, multi-colored font with a hand-drawn, textured appearance. Below it, the words "Scavenger Hunt for Kids" are written in a black, cursive script. The background of the logo is light blue with faint white silhouettes of people.

Gratitude

Scavenger Hunt for Kids

*** Extra idea:

Share this game with your grandparents or a friend and ask them to complete. Then, call or FaceTime them to share what you both found you were thankful for.

Here is
another fun
game you
can play with
your family!



GRATITUDE GAME

-  Name a Person You are Thankful for
-  Name a Place You are Thankful for
-  Name a Food You are Thankful for
-  Name a Thing You are Thankful for
-  Name Anything of Your Choice

GRATITUDE GAME

*** Extra idea:

You can use Pick Up Sticks, M&Ms, or Skittles to add some more fun to this game. See link below.



Resource - <https://teachbesideme.com/gratitude-game-pick-sticks/>

Who is Miss Kelly thankful for?

I am thankful for...



YOU!!!



ONLINE SAFETY



Parents/guardians – this one is for you!



Online Safety

- Now, more than ever, our children are using technology in many different ways. It is important to stay vigilant and monitor what your child is doing on their phone, iPad, tablet, etc.
- Online Safety Resources:
 - 6 Ways to Teach Kids Online Safety
 - <https://www.trueaimeducation.com/teach-kids-online-safety/>
 - Protecting Your Kids Online 2.0
 - <file:///C:/Users/koser/Downloads/Protecting%20Your%20Kids%20Online%202.0.pdf>

Online Safety Tips

- Set boundaries and limitations for “Tech Time”
 - Designated time, with a time restriction = can help with setting a routine
 - Use a timer as a visual/auditory reminder
 - Night time use = Try not to give your child technology when they are going to bed. It is important to get a good nights rest and you want to try to eliminate them from staying up late on technology



Online Safety



- Safety features
 - Set up your child's phone, tablet, computer, etc. with parental controls. You can find this in the settings of the device.
- Monitor the apps/games they are using
 - Know what your child is accessing and using. Make sure you are comfortable with what they are playing or accessing. It is important to monitor their use so they are safe.

Online Safety

- Social Media Accounts

- If your child has a social media account (i.e. Facebook, Instagram, Snapchat, etc.), be very mindful of who they are friends with and possibly talking to.
- Have an open conversation with your child about the dangers of “friending” someone on social media that they do not know.



Online Safety

Follow the SMART rules to help stay safe online.

Safe

S

Stay **safe** online by not sharing your personal information.



Meet

M

Do not **meet** anyone who you have only become friends with online.



Accept

A

Do not **accept** messages and friend requests from people you do not know.



Reliable

R

Not everything online is **reliable**. People online are strangers and you can't always trust everything they say.



Tell

T

Tell an adult you trust if anything happens online that you do not like.



Be careful what you share online!

Stop and think before you share information online.
Don't say or do anything that you wouldn't do in the real world!

