



# COUNSELOR CORNER

WEEK #6  
WITH MISS KELLY

Slides created by Kelly Oser, LMSW

Dear Parents/Guardians,

Here is your Counselor Corner #6! In this document, you will find breathing techniques, a sequel to a book I previously shared, and resources for you and your family.

I hope you and your child enjoy!

Sincerely,  
Miss Kelly



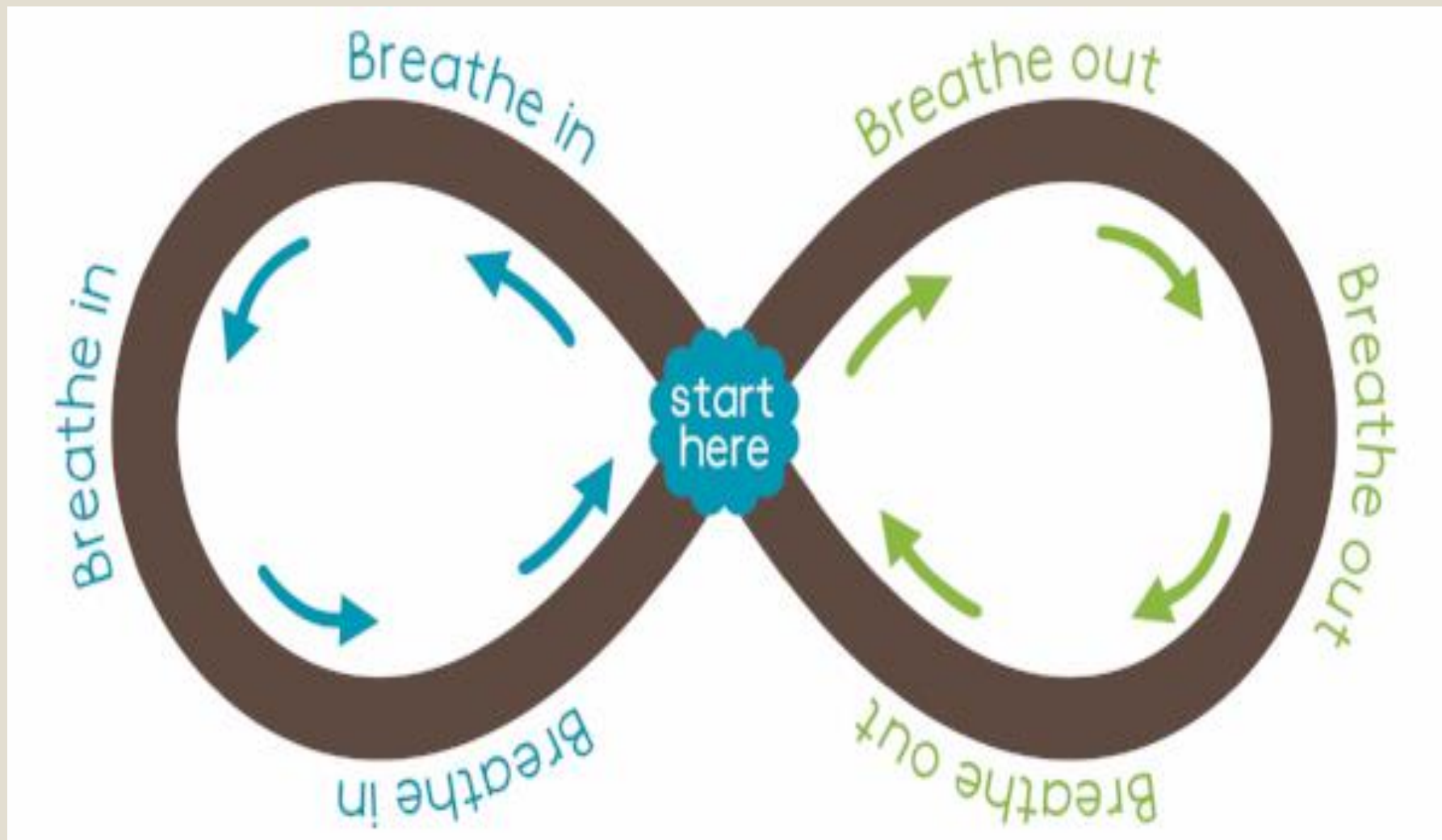


# BREATHING TECHNIQUES



Let's take some time to practice breathing to help us stay calm.

Place your finger on “start here”. Follow along with the directions. Start with blue to “breathe in” and then go to green to “breathe out” as your finger follows the figure 8.



# BREATHE USING YOUR IMAGINATION

Breathe in to smell a fresh **birthday cake** out of the oven,  
breathe out like you are blowing out **birthday candles**.



# BREATHE USING YOUR IMAGINATION

Pretend your belly is like a **balloon**. Breathe in and make the balloon **bigger**, then breathe out and make the balloon **smaller**.



# BREATHE USING YOUR IMAGINATION

Breathe in to **smell** yummy **hot cocoa**, breathe out to **cool off** the **hot cocoa** before you take a sip.



# BREATHE USING YOUR IMAGINATION

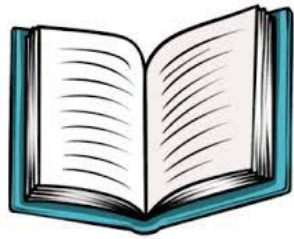
Breathe in and imagine an ocean **wave** rolling **in**, breathe out and imagine the **wave** rolling **out**.







# CAROLINE CONTINUES TO CONQUER



BOOK #2!



Authors - Kellie Camelford, Krystal Vaughn, & Erin Dugan

# Caroline Continues to Conquer

- Here is the sequel (second) to the book *Caroline Conquers her Corona Fears!*
- The link below is a sequel story/coloring book created by clinicians at the LSU Health Sciences Center in New Orleans, LA.
- At the end of the book, there are many fun activities for you to enjoy. You can create your own glitter bottle, make a coping wheel, or do a word search!

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



# FRIENDZY



A fun website with free activities for you to enjoy!

# Friendzy

- The Friendzy website has many free activities.
- Here is one that I liked and thought you would enjoy, too! Click the link to download the “We Are In This Together” doodle sheet and watch the videos about helping others.

<https://www.friendzy.co/friendly-freebies/waitt-doodle>



# A LETTER FROM MISS KELLY



Dear Students,

I miss you very much! I hope you are all working hard and showing HEART at home.

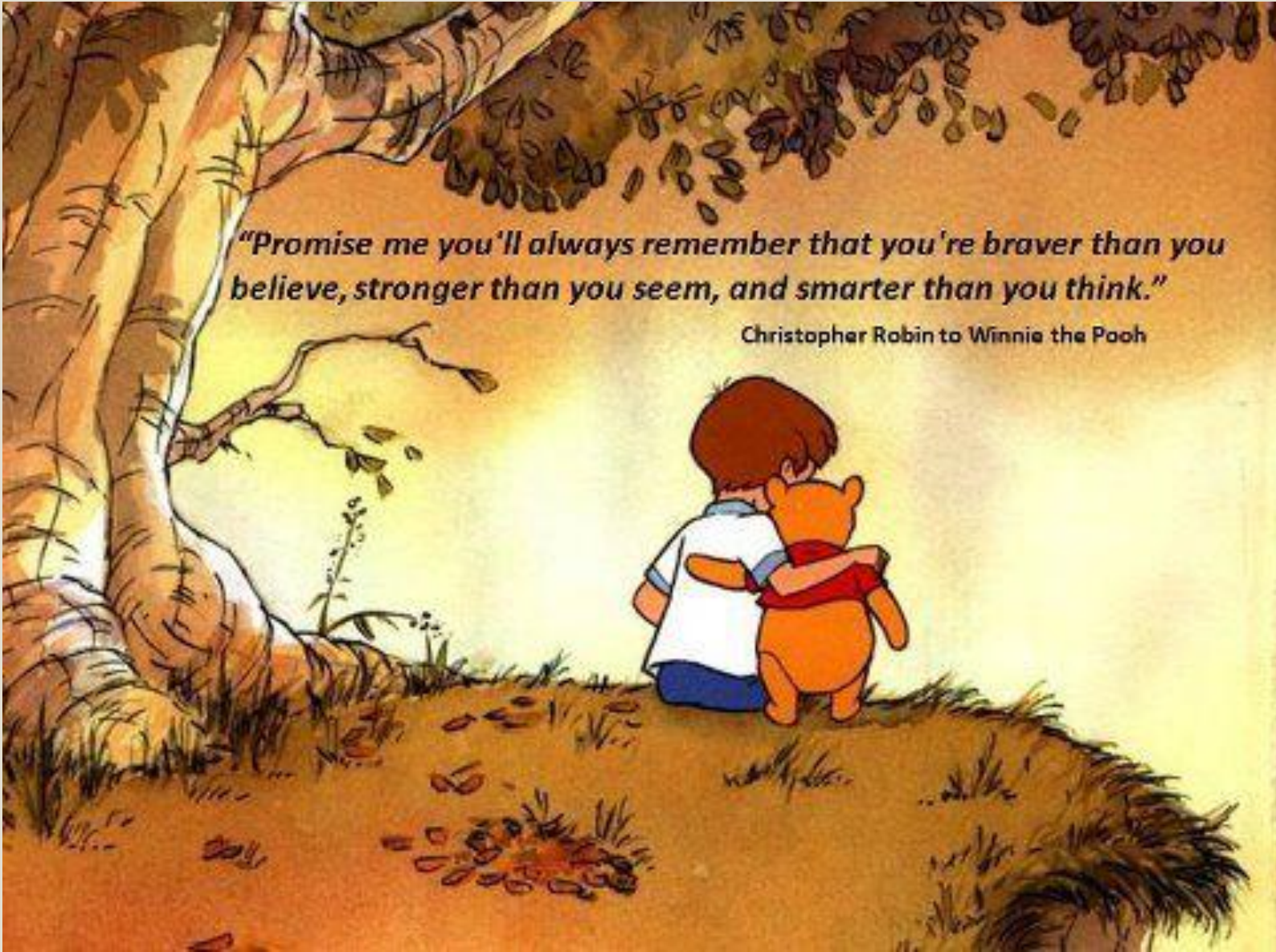
Remember, it is important to listen to your family, do your work, and be sweet. Take a big deep breath if you are feeling worried. Practice your mindfulness activities if you are feeling overwhelmed.

I know you are all brave, strong, smart students. I am praying for you and can't wait to see you soon. Keep up the good work!

Sincerely,  
Miss Kelly





An illustration of Christopher Robin and Winnie the Pooh sitting on a grassy hillside. Christopher Robin is on the left, wearing a white shirt and blue pants, with his arms around Winnie the Pooh. Winnie the Pooh is on the right, wearing his signature red shirt. They are both looking towards the right. To the left of the pair is a large, thick tree trunk with some leaves. The background is a soft, yellowish glow, suggesting a sunset or sunrise. The ground is brown with some small plants and fallen leaves.

***"Promise me you'll always remember that you're braver than you believe, stronger than you seem, and smarter than you think."***

**Christopher Robin to Winnie the Pooh**



# RESOURCE

Parents/guardians – the next slide is for you!



# PARENTS & CAREGIVERS

**DO YOU NEED SUPPORT TAKING  
CARE OF YOUR LITTLE ONES  
DURING THE COVID-19 PANDEMIC?**

TIKES Early Childhood Mental Health Consultation is providing FREE tele-mental health consultation for parents and caregivers in Louisiana.

Talk with a consultant and seek support on behavioral & socio-emotional concerns, supporting children during the pandemic, stress & coping, self-care, & other concerns as needed.

For more information &  
To request a call or a video chat at  
<https://medicine.tulane.edu/departments/clinical-sciences/psychiatry/research/tikes>