



COUNSELOR CORNER

WEEK #7
WITH MISS KELLY

Slides created by Kelly Oser, LMSW

Dear Parents/Guardians,

In this week's Counselor Corner you will find mindfulness activities, a story your child can listen to, and a fun time capsule activity the whole family can do together.

I hope you enjoy!

Sincerely,
Miss Kelly





MINDFUL MINUTE

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



Click the first link to access the "Bucket of Kindness" mindfulness activity.



<https://drive.google.com/open?id=1F-fYHuGluhFMDTzvUSjZe1amY8G-ljet>

Resource - <https://www.greenchildmagazine.com/>

Mindful Color Sheets

- Coloring is a great way to relax and stay calm. Click the link below to access mindful color sheets!

https://drive.google.com/open?id=1pLbKVk-J3DvZ1hCheSNdU_cLsKiksAYR

Resource - <https://www.twinkl.com/>



Calm Cards

- Print these cards, or look at them on a computer/phone, to help remind you of what you can do to stay calm.

<https://drive.google.com/open?id=19JtLcUvZYrmvMJHdi68rcTGfaPj25qy>



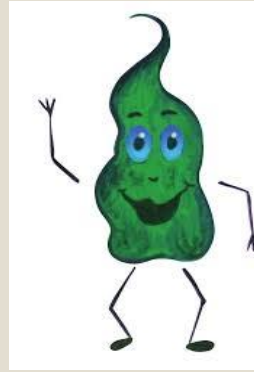
Resource - <https://www.twinkl.com/>

THE YUCKY BUG

Author – Julia Cook



The Yucky Bug



- Created by one of Miss Kelly's favorite authors, *The Yucky Bug* is a story to help us all learn about the virus and what we can do to help while at home.

- Listen to the book here

https://www.youtube.com/watch?v=ZD9KNhmOCV4&feature=emb_title

- After you listen to the story, you can write and color on this star to remember the Magic 5 - (Parents, there are also tips at the end of this document to help you talk to your child about the "Yucky Bug")

<https://drive.google.com/open?id=18q9lj80jJQPKNPE94HRSxsSFMhUNgh71>

TIME CAPSULE



Create a Time Capsule

- The Time Capsule activity says, “Take a moment to fill in these pages for your future self to look back on.” You are living through history, have fun with your family and create a time capsule to keep and look back on in years to come.
- Click here - <https://drive.google.com/open?id=1R3F8FMLKZ0M5v4mRb8XMoKUYJFXW8g6o>

Resource - <http://creativeplaytherapist.com/covid-books/>