



COUNSELOR CORNER

WEEK #8
WITH MISS KELLY

Slides created by Kelly Oser, LMSW

Dear Parents/Guardians,

I can't believe it is already May! These past few weeks have gone by very fast. I am missing your children so much and hope they are all doing well. Please tell them I said hello and that I miss them!

In this week's Counselor Corner, you will find a mindfulness activity, mindful coloring pages, and two books to access.

Enjoy!

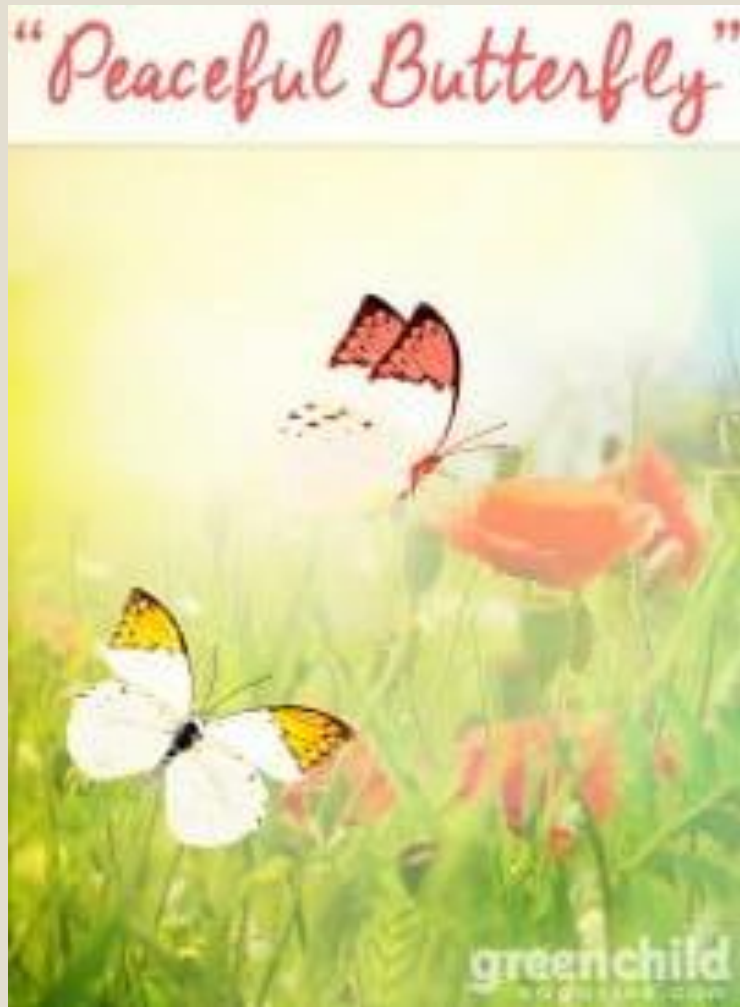
Sincerely,
Miss Kelly





MINDFUL MINUTE

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



Click the first link to access the “Peaceful Butterfly” mindfulness activity.



<https://drive.google.com/open?id=1Si2m-zLwlgAzte7ISS15nGS5RjM-AOT>

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



MINDFUL COLORING

Get out your crayons, colored pencils, and markers ready!



Mindful Color Pages

- Mindful coloring is a way to focus on something that relaxes you (while having fun). Click below for 13 mindful color pages, just for you!!
 - <https://drive.google.com/open?id=1932noWgppTF4iQwjigeSLPI0n6SqP1nP>
- I downloaded these mindful coloring pages from the website below if you or an adult in your family would like to know more about mindful coloring:
 - <https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/>



FRIENDZY



A fun website with free activities for you to enjoy!

Friendzy Doodling & Conversation Activity

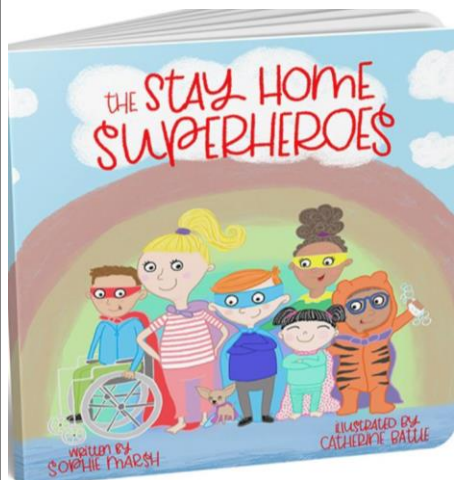
- The Friendzy website says, “We know that in order to maintain a relationship there needs to be connection. This week’s doodle page provides a way to connect with a friend or a person your student has been missing.”
- Click the link below to access the “I Miss You” Doodle Sheets
 - https://www.friendzy.co/friendly-freebies/imy-doodle?utm_term=0_6bd68f40c1-336f2e4277-23486753

Friendzy Doodling & Conversation Activity

- After you doodle, talk to an adult about the below questions:
 - WHO ARE YOU MISSING MOST DURING THIS TIME?
 - WHAT DO YOU MISS ABOUT THEM?
 - SHARE ABOUT ONE FUN MEMORY YOU HAVE WITH THIS PERSON.
 - LET'S BRAINSTORM SOME WAYS THAT WE CONNECT WITH THIS PERSON THIS WEEK. WE WILL NEED TO BE CREATIVE...IT WILL BE FUN!



THE STAY HOME SUPERHEROS



Author – Sophie Marsh

The Stay Home Superheros

- If you would like to read the book, or have someone read with you, click the link below:
 - https://issuu.com/sophie_marshall/docs/stay_home_superheroes?fbclid=IwAR0DzMsXy-WizrlbGFUEJ0RAIzF7ChKsN4A5MGhyskZMQaU0Q6DyxQ_bPsU
- If you would like to listen to the book, and watch an animated video with it, click the below:
 - <https://youtu.be/PaXYos5T7x4>

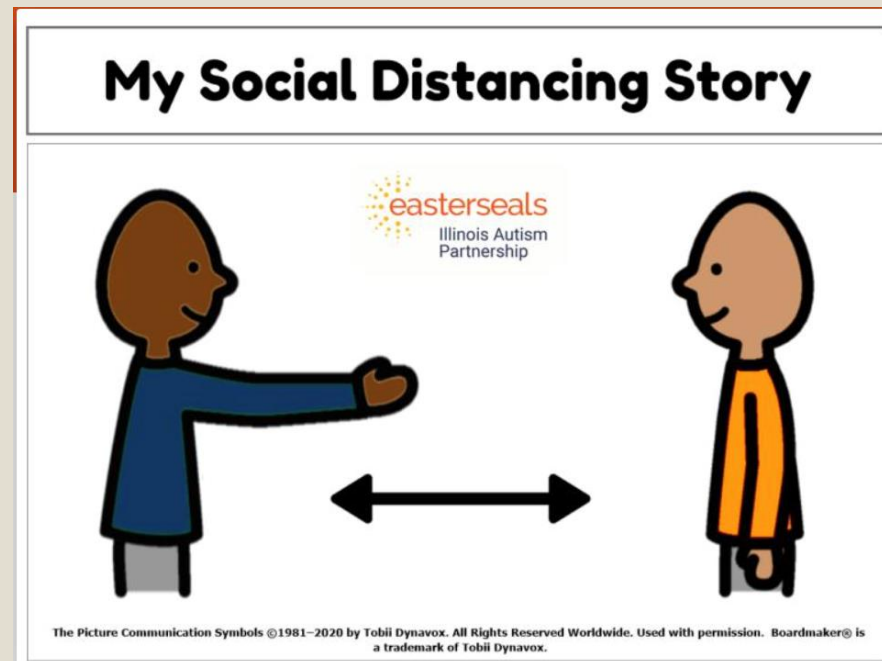


MY SOCIAL DISTANCING STORY

Author – Illinois Autism Partnership

My Social Distancing Story

- Here is a social story about how to stay safe and social distance:
 - https://arcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_4.pdf?0.2679286201098732



Miss Kelly is...

PROUD  OF YOU

