



# COUNSELOR CORNER

WEEK #9  
WITH MISS KELLY

Slides created by Kelly Oser, LMSW

Dear Parents/Guardians,

Here is your second to last Counselor Corner for this year. I will send one more next week.

In this Counselor Corner, you will find a mindfulness activity, yoga exercises, games, and an activity book.

Families, the last slide is a resource for you.

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=15Aw8QaxleaPTZGmDdxx7OqxHoB6WP6r9>

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

# LET'S GET MOVING

Time to practice our yoga poses!



# Yoga Activities

- Here are some fun yoga activities and videos you can do at home. Remember, yoga is a great way to practice mindfulness and to help you with stress.
- Animal ABC Yoga
  - [Article - https://fromabcstoacts.com/animal-abc-yoga-for-kids/](https://fromabcstoacts.com/animal-abc-yoga-for-kids/)
  - [Video - https://www.youtube.com/watch?v=hm1nZ-T5aQ8](https://www.youtube.com/watch?v=hm1nZ-T5aQ8)
- Cosmic Kids Yoga
  - <https://www.cosmickids.com/>
- 5 Best Yoga Kids Yoga Videos
  - <https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

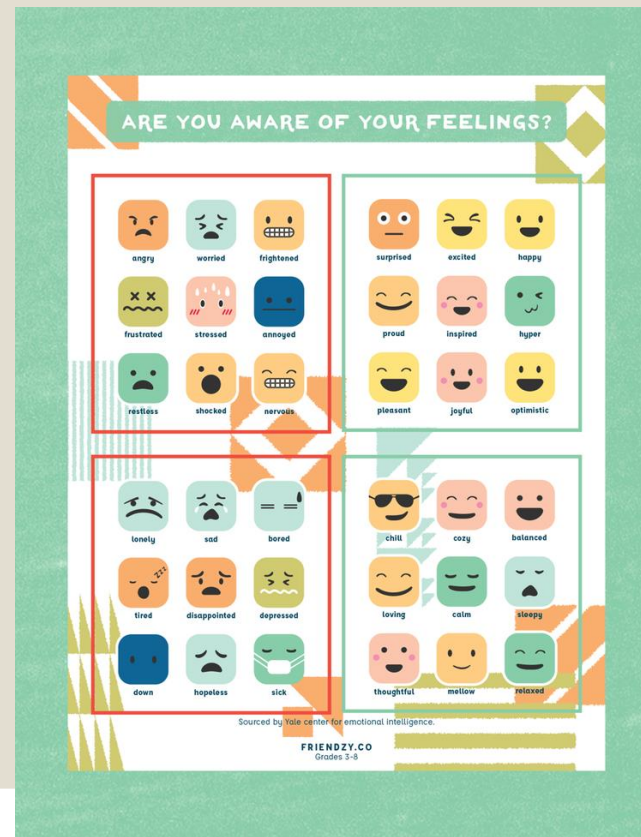
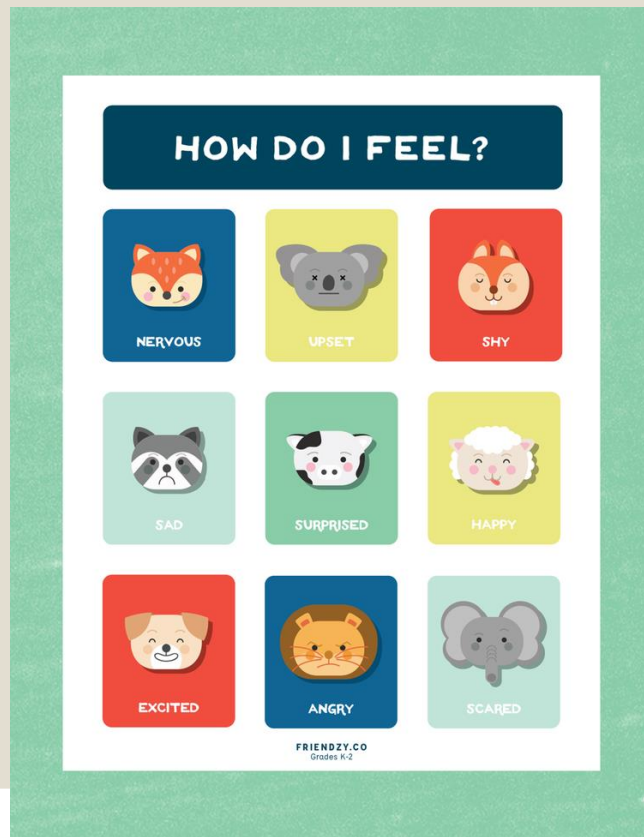
# FRIENDZY



A fun website with free activities for you to enjoy!

# Matching Emotions Game

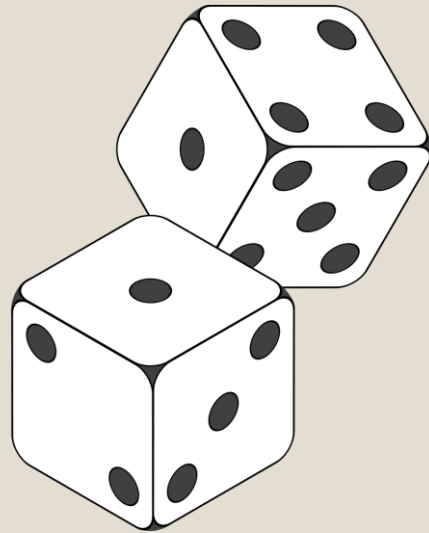
- Talking about your emotions is important. Here is a matching game you can print out to play!
  - <https://www.friendzy.co/friendly-freebies/matching-emotions-game>





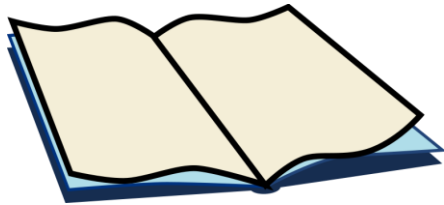
# Roll to Know it Game

- If you want to get to know someone better, or if you would like someone to know more about you, this is the game to play! It is a fun game to build relationships.
  - <https://www.friendzy.co/friendly-freebies/ritki-game>





# COVID-19 ACTIVITY BOOK



# COVID-19 Activity Book

- Click the link below for a coloring workbook about COVID-19:
  - [https://www.hopkinsmedicine.org/johns-hopkins-childrens-center/patients-and-families/\\_documents/covid-19-resources-for-families/covid-19-activity-book.pdf](https://www.hopkinsmedicine.org/johns-hopkins-childrens-center/patients-and-families/_documents/covid-19-resources-for-families/covid-19-activity-book.pdf)



# COVID-19 SPECIAL NEEDS RESOURCE

Created by STRYDD, Long Island Jewish Medical Center, & Northwell Health

Families, the next slide is for you!

# COVID-19 Special Needs Resources

- Here is a resource designed for families in helping individuals with disabilities during the COVID-19 pandemic:
  - <https://myemail.constantcontact.com/COVID-19-Resources-for-Parents-of-Children-with-Intellectual-or-Other-Developmental-Disabilities.html?soid=1114625386453&aid=7uHDuQO0UDE>