

Counselor's Corner

Welcome to the Counselor's Corner weekly newsletter. Each week Mrs. Hutchins and Mrs. Sizer will be providing you with some fun, educational and family engaging activities to support your social emotional learning.

To help keep our communities connected we also ask that you email us pictures and stories to share of what you are doing while you are home. Each week we will share a few of these in our newsletter.

This past week Mrs. Hutchins and Mrs. Sizer have been spending their time preparing activities to share with you through distance learning. We are excited to be able to keep in touch with everyone during this time and look forward to hearing from everyone. As we learn more, we'll be able to get more information out to you.

Mindful Monday- Mindful Posing

One easy way for children to dip their toes into mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Ask the kids how they feel after a few minutes of trying either of these poses. You may be surprised.



Take a Turn Tuesday- Gratitude Dice/Spinner Game

Use any board game you have at home that has a dice or spinner and do these things as you play-

1. Name a person you are grateful for.
2. Name something in nature or weather that you are grateful for.
3. Name a place you are grateful for.
4. Name something at home that you are grateful for.
5. Name a memory you are grateful to have.
6. Name something at school you are grateful for.



Wellness Wednesday- Dance it Out

Today in PE, you have a dance routine. Not only is dancing a great way to exercise, but it also brings people together. So turn on your favorite song and have a dance party with your family.

Thoughtful Thursday- Reach Out Day

Call, email, text, FaceTime a family member that you haven't been able to see in while. Get creative- if you can FaceTime, join them in a game of charades, etc.



Feelings Friday - Draw, Write or Share

1. Write about a time you felt excited, worried or proud and how you handled feeling that way.
2. Draw a picture of a time when you felt excited, worried or proud.
3. Finish the following sentence
 - a. When I can't get what I want I...
 - b. When I miss someone I..
 - c. When someone is in my personal space I...
 - d. When I lose at a game I...



Fun Fact of the Week: Did you know that there are **293** ways to make change for a dollar! See how many you can think of and send us your responses.

Remember that you can always email us at dhutchins@ctreg14.org and lsizer@ctreg14.org We look forward to hearing from you all soon and be on the lookout for more social emotional learning opportunities.

In Good Health,
Mrs. Hutchins & Mrs. Sizer