

Counselor's Corner

Welcome to week 2 of distance learning! We hope that everyone is getting the hang of google classroom, class dojo, etc. We don't know about you, but we have learned a TON about technology this week and know there is still so much more to learn. What is the coolest thing that you've learned this week? Comment on the thread in google classroom under "classwork".

Below you'll see a menu of activities that you can do this week as a way to take a break from your school work and enjoy some time with your family or quiet time for yourself.

Fun Fact of the Week: "Dreamt" is the only English word that ends in the letters "mt".



Staff Spotlight of the Week Mrs. Sizer

What are your favorite hobbies?

My favorite hobbies are hiking, reading, and going to the beach.

Do you have any pets?

No I don't have any pets, I'm allergic. Plus I think 3 kids and a husband are animal enough for me. :)

What did you want to be growing up?

When I was growing up I wanted to be a family and child therapist. So I'm not too far off from that.

Where did you go to college?

I got my Bachelor's degree in Psychology from Marist College in Poughkeepsie, NY and my Master's from Southern Connecticut State University in School Counseling.

What is your dream vacation?

Hmmm... my dream vacation would be a combination of exploring and learning about a new place and lazy afternoons on the beach.

Each week a new staff member will be highlighted in the newsletter.

Mindful Monday- Grounding Activity

Have a big emotion and need to recenter yourself?

Just count backwards 5-4-3-2-1 and name

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste



Take a Turn Tuesday- Study Skills 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. What is 1 good way to spend your time in “class” (virtual classroom too).
2. What is 1 thing you do that wastes time while learning?
3. What is 1 distraction from inside your head that you have and what can you do to ignore it?
4. What is 1 distraction from outside your head that you have and what can you do to ignore it?
5. Name 1 way to give more effort on your work in class.
6. What is 1 way to be organized?



Wellness Wednesday- Basketball Fun

Get a family game of basketball going to get outside and spend some time together. Don't have a ball or hoop? Create your own shooting game. Remember to decide on the rules before you begin so that everyone understands how to play.

Thoughtful Thursday- Self Reflection

You've learned a lot and tried new things over the last two weeks. Give yourself a compliment! We all need to remind ourselves how far we have come.



Feelings Friday- Feelings Charades

Think of a feeling in your mind, set a timer for 90 seconds, then act out what that feeling looks like for your family to guess. See how many rounds you can go. Make sure everyone gets a turn.

Parents- remember that you can always email us at lsizer@ctreg14.org and dhutchins@ctreg14.org. Be sure to join our google classrooms (if you haven't already) BES- z7f545t and MES- tomnibq.

In Good Health,
Mrs. Sizer & Mrs. Hutchins