

Ms. Miller's Counseling Lesson

COVID TIME CAPSULE

Welcome! So happy to have you checking out my lessons.

I hope you enjoy them and find them helpful!

Note to Parents: Parents: Please know that my lessons are to benefit your child's emotional wellbeing and provide some skills that can be used by the whole family. Do what works for you and your family. This should be a fun and relaxing activity and not one that adds stress.

Corresponding parenting article on **Connection** <https://kirk.lwsd.org/academics/counseling>

Questions, concerns contact me at mmiller@lwsd.org

If you do not have a printer, copies of this will be in front of Kirk Elem, M-F 8-12



Let's start by sharing a "Turtle Flo" Story! Did anyone lose their "turtle flo" in the last few days? Did you feel frustrated, angry, worried, stressed? What did you do to get your Turtle Flo back? Write down what you did to get your "Turtle Flo" back or share your idea with someone in your house.



Now for the lesson....

Each of you are a part of very historical time. It may be a difficult time, but we are experiencing events that no one on this planet has experienced as we are today....unless you are over 100 years old! Our whole world is in this together as we all Shelter in Place and doctors and nurses and researchers use their knowledge of Science to treat patients and find treatments, and hopefully a vaccine!

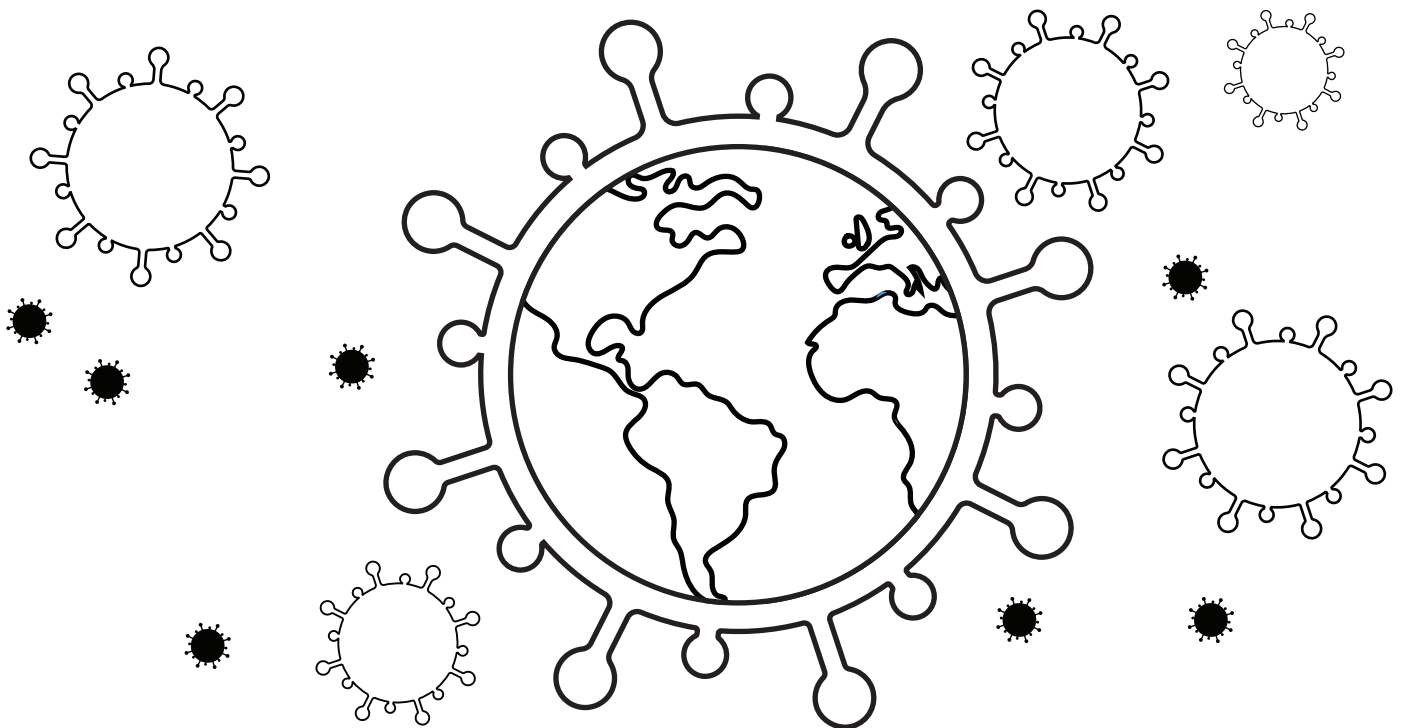
When we experience a big event in our lives, we can document it through a Time Capsule. Following is a fun activity to create your own time capsule. A big part of my job is listening to students tell their story and share their feelings about what they are experiencing. With this time capsule, you can share your story and share your feelings.

If you want to share it with me, feel free to email it to me at mmiller@lwsd.org. Otherwise, put it in a safe place and many years from now, when someone asks you about COVID 19, you can bring out your Time Capsule and show them what it was like to be your age experiencing this in Kirkland Washington!

HAVE FUN!!!!!!

Keep your Turtle Flo, and if you lose it, what can you do to get it back?

MY 2020 COVID-19 TIME CAPSULE

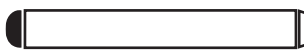
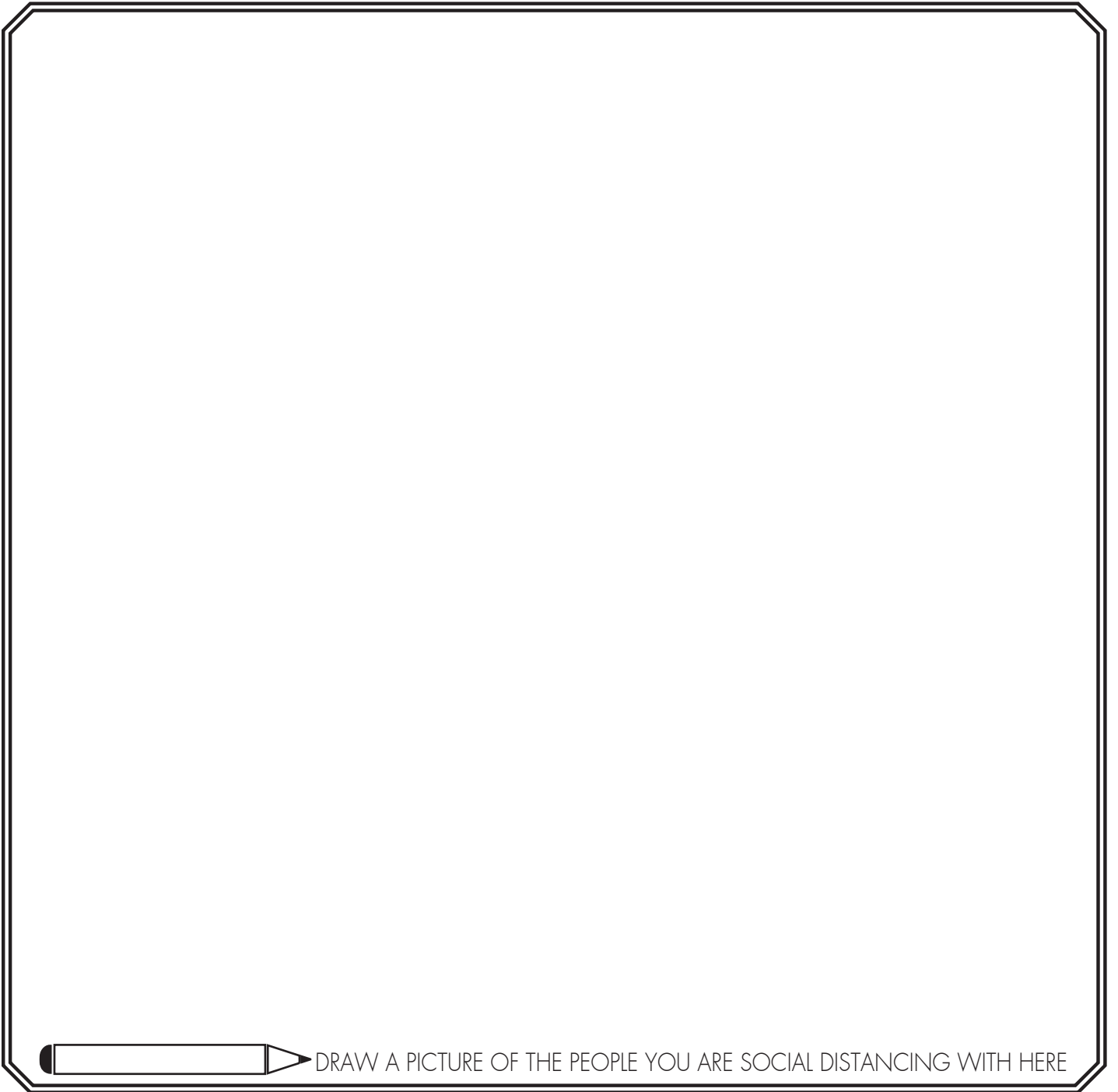


BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- ANY ART WORK YOU CREATED
- A JOURNAL OF YOUR DAYS
- FAMILY / PET PICTURES
- LOCAL NEWSPAPER PAGES OR CLIPPING
- SPECIAL MEMORIES



DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♥♥ ALL ABOUT ME ♥♥

I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

SHOE SIZE

MY FAVOURITES

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

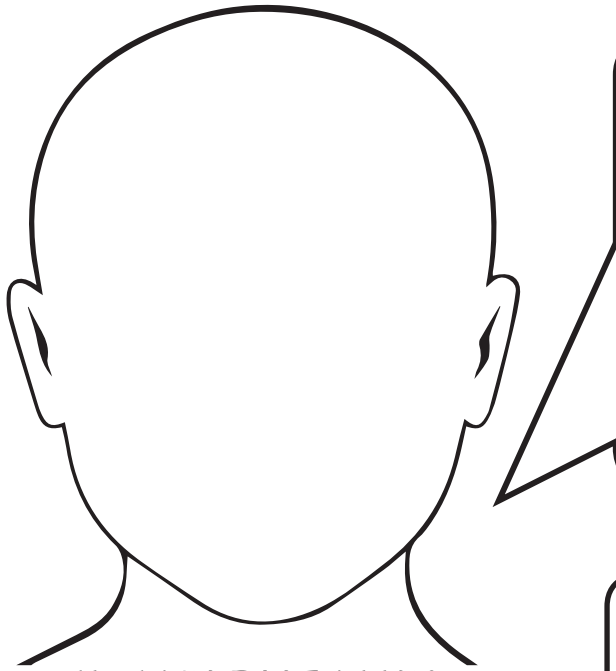
SONG: _____

MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE: _____

HOW I'M FEELING



HOW MY FACE LOOKS



WORDS TO DESCRIBE HOW I FEEL:

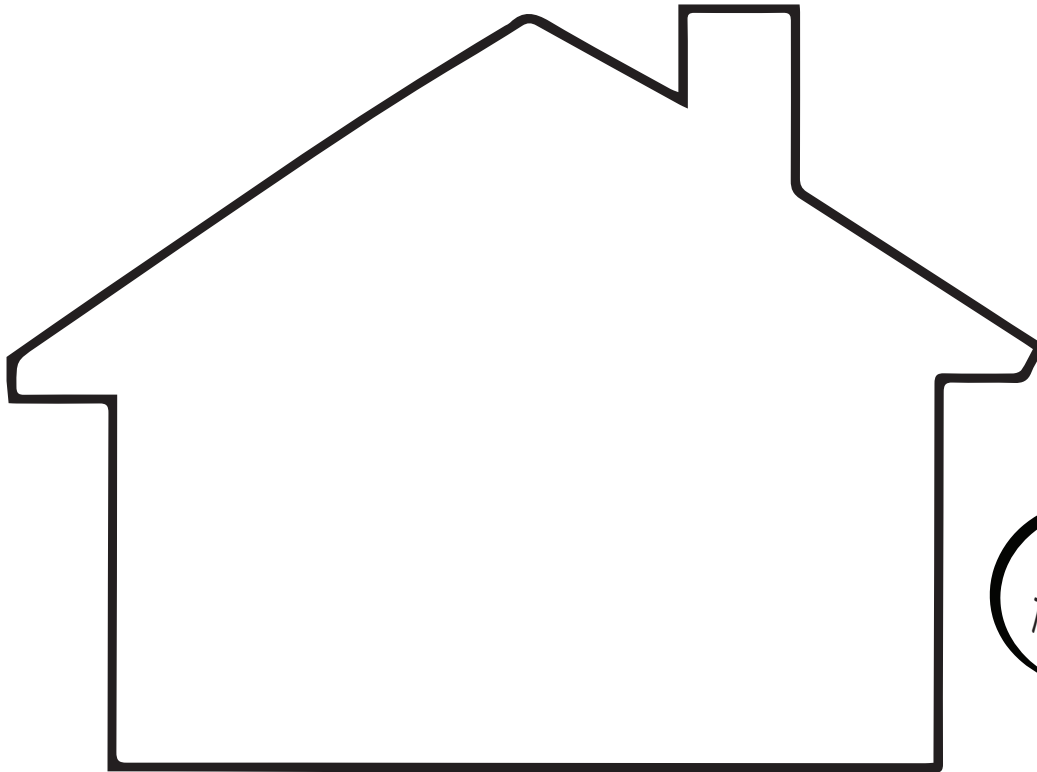
WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

<p>1</p> <hr/> <hr/> <hr/>	<p>2</p> <hr/> <hr/> <hr/>	<p>3</p> <hr/> <hr/> <hr/>
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MY COMMUNITY



COLOUR THIS HOUSE
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!



WHAT I AM DOING
TO KEEP BUSY:

OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE



SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW YOU CELEBRATED

LETTER TO MYSELF

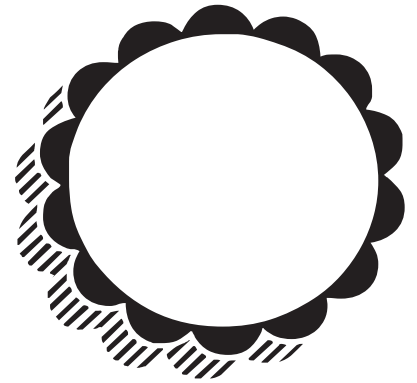
DEAR,

LOVE,

INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

FAVOURITE TIME OF DAY: _____

LETTER FROM YOUR PARENTS

DEAR,

LOVE,
