Counselor Connections

8th Grade Class Meeting Recording
Chat with the Counselors
Grounding Exercises
Random Acts of Kindness
Resources
May 2020
Missed the 8th Grade Class Meeting?

Access the Meeting Recording Here:
https://nsd.zoom.us/rec/share/tJVnL7iz9UxIX53EzUGCZPQiPZ7Zaaa8hnMd_vlPzB271e2Dd1dfEH4KMLYrwmIF

Password for Access: 1m?1?3v8
Chat with the Counselors

Q&A Chat time with the counselors. We’d love to chat with you and give you a chance to connect with your peers.

Please join us Thursday, May 21st (this Thursday!) at 2pm.

https://nsd.zoom.us/j/97116515340?pwd=U2pHYjZmTjFlMkJmSDlPcmRXZjErUT09

or Meeting ID: 971 1651 5340 password 2020
Ground Exercises

These exercises can help all of us to become calmer and more relaxed, especially when we are feeling overwhelmed.
More Ways to Relax and Destress

The way to do this activity is to first stop. Then, start with thinking about one thing you can taste. After that, two things you can smell and go all the way through five things you can see. This can help all of us to relax and destress.
Random Act of Kindness

Watch this video to learn about the benefits of doing Random Acts of Kindness.

https://youtu.be/O9UByLvOjBM
Research has show that doing random acts of kindness not only help the person you’re helping but they also improve happiness in you, the helper. While we can’t do all the ‘50+ ways to be kind’ listed here due to coronavirus, we can all do many of them. Some ideas are to write a nice text, smile at your neighbor, help your parent/guardian without being asked...all of this will help all involved feel good!
Resources

**Teen Link:** You’re not alone. There is someone that’s willing to listen to you without judgment. Teen Link is a program of Crisis Connection that serves youth in Washington State. Typically, teen volunteers take calls/texts/chats but adults are doing this instead right now. They are trained to listen to your concerns and talk with you about whatever’s on your mind – bullying, drug and alcohol concerns, relationships, stress, depression or any other issues you’re facing. No issue is too big or too small! Calls and chats are confidential. Talk it out! You can call in to speak with an adult staff member 24 hours a day (866-833-6546). If you would prefer to chat or text in, feel free to do so *Tues–Sat from 2–10pm. Chat: [https://www.teenlink.org/](https://www.teenlink.org/), Text: 866-833-6546).*

**See your Counselor ONLINE.** Something new we added to the Skview webpage, if you or your parent/guardian would like to make an appointment with me, click on the link [Make an appointment with your counselor](#).

**Email your Counselor.** Please feel free to reach out to us. We’re here to help!
Have a fantastic week!

Seattle Japanese Garden