

Hi Boys and Girls!

This is Mrs. Barone, your School Counselor. As you know we are taking a break from school for some time just so we can be sure everyone can stay healthy! I know some of you have questions and may even be a little unsure of what is happening. I want you to know this will pass and we will eventually be back at school. In the meantime, here are a few things you can do for yourself and I have included a chart of activities you can try also.

1. Stay Healthy. Practice good hygiene. Cover your mouth when you cough or sneeze and wash your hands with soap and water for at least 20 seconds. (Sing the Happy Birthday song 2x.)
2. If it is nice outside, go out and play. Ride your bikes, play ball, anything to get some exercise.
3. Work off some energy. Breathe in some fresh air. Take some deep breaths.
4. **Keep up with your schoolwork every day.** Don't hesitate to reach out to your teacher's email if you have a question!
5. Help around the house, do your chores. Remember it's always important helping out without being asked. Parents love that!
6. Be kind to your brothers and sisters. And mom and dad too! Kindness counts!
7. Talk to your parents or guardians if you are worried about anything.
8. Draw a picture for someone. Great time to practice your art skills.

See you when we get back to school!

Love,

Mrs. Barone 😊

How many of the following activities can you do?

Be Responsible by cleaning your room	Be Respectful as you play a game with a family member	Do something extra nice for a brother or sister	See if you can be second all day—try to let others go first all day	Tell someone about a time when you used Self-Control
Make a list of 30 things you are grateful for	Write or draw what it means to be a good friend	Practice sitting still for 1 minute - what sounds do you hear?	After reading a chapter in a book, write or tell someone the emotions you saw in the book	Tell someone what it takes to be a good listener
Tell someone all of the emotions you can think of	Tell someone what are 3 things you can do when you are upset?	Make a poem of your first name writing positive character qualities or things you can do to be kind	Talk/Write/Draw about a time someone helped you out	List 3 positive character traits you have learned and demonstrated this year
Read a book and discuss the moments of caring you see	Tell about a time you felt sad	Be Responsible by helping to set the table	Tell about a time you showed compassion	Do an act of caring for a family member or neighbor
Write a compliment note to a classmate telling something they do well (you can give it to them later)	Write and give a thank you note to your parent/guardian	Make a list of 10 ways kids can show respect to others at school	Send a “thinking of you” note/card/email/text to your grandparents, aunt, uncle, or another adult friend	Think of 5 places you have visited that makes you happy
Play emotions charades. Can your family guess the feelings on your face?	Make up a play or script where your characters talk about kindness, respect, compassion, and honesty	Practice the “Grounding Exercise”: 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	Think of 5 places you have visited that makes you happy	Invite a family member to watch this video: “Why Do We Lose Control of Our Emotions?” with you: https://www.youtube.com/watch?v=3bKuoH8CkFc&t=38s

Watch the you tube video:

The Yucky Bug by Julia Cook

[Youtube.com/watch?v=ZD9KNhmOCV4](https://www.youtube.com/watch?v=ZD9KNhmOCV4)