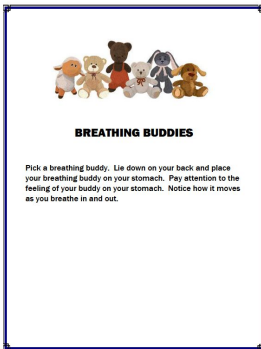



Primary (Kindergarten - 3rd)		Intermediate (4th - 6th)	
ACTIVITIES	RESOURCES	ACTIVITIES	RESOURCES
Counselor Keri Website with Grounding Techniques	Coronavirus Handout - Counselor Keri.pdf *She's given permission to share this one out digitally*	Circle of Control: Make a list of all the things we are worried about. After the list is complete, sort them into what we can and cannot control. Make a circle and place things we can control inside the circle, and the things we cannot control go outside the circle. *This activity works well with the book "Alexander and the Terrible, Horrible, No Good, Very Bad Day" if you have it or can get a copy. You can talk about what was in Alexander's Control and out of his control.	Coronavirus Handout - Counselor Keri.pdf *she's given permission to share this digitally*
Feelings Charades - write different emotions on pieces of paper and put them in a cup. Take turns drawing from the cup and acting out the feelings words and guessing the answers.	Blank Routine Form - Counselor Keri	Screentime SEL- Learning While you Watch TV-The Responsive Counselor https://drive.google.com/file/d/1IFeE7OGJGIEM64P7DE2cBSiYLtnnTJo/view	Video for Parents: Help Explain Coronavirus to Kids
Sorting worries. Write or draw pictures of things you are worried about. Sort into two piles: things in my control	Importance of Hand Hygiene: Pepper, Water, Soap 100 Coping Strategies List		100 Coping Strategies List *Got permissions to share electronically*

<p>and things out of my control. For the “in my control” pile, try one thing to make that problem better. For the things in the “out of my control” pile, think of a coping strategy: breathing or mindfulness exercise, physical activity, drawing or coloring, repeating a positive affirmation (“I am brave” or “I can do hard things”) are suggestions of helpful coping strategies</p>	<p>*Got permissions to share electronically*</p>		
<p>Pick an item to use as a “breathing buddy” such as a small stuffed animal, or a favorite toy.</p>  <p>BREATHING BUDDIES</p> <p>Pick a breathing buddy. Lie down on your back and place your breathing buddy on your stomach. Pay attention to the feeling of your buddy on your stomach. Notice how it moves as you breathe in and out.</p> <p>Breathing Buddies</p>	<p>National Association of School Psychologists: Talking to your child about Covid19</p> <p>https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf</p>	<p>Stress Busting Activities</p>	<p>CALM DOWN YOGA FOR KIDS</p>  <p>I am strong. Use your strength to catch tricky waves.</p> <p>I am kind. Stretch high and spread kindness all around.</p> <p>I am brave. Be brave and fearless as you fly down the ski run.</p> <p>I am friendly. Stretch like a dog wagging its tail.</p> <p>I am wise. Be a wise owl perched on a tree branch.</p> <p>Calm Down Yoga for Kids</p>

<p>CALM DOWN YOGA FOR KIDS</p>  <p>I am strong. Use your strength to catch tricky waves.</p> <p>I am kind. Stretch high and spread kindness all around.</p> <p>I am brave. Be brave and fearless as you fly down the ski run.</p> <p>I am friendly. Stretch like a dog wagging its tail.</p> <p>I am wise. Be a wise owl perched on a tree branch.</p> <p>Calm Down Yoga for Kids</p>	<p>Cosmic Kids Yoga on YouTube has many options for kid friendly yoga and mindfulness. They have themes and story based yoga as well (Harry Potter, Moana, and many more.) The Zen Den videos are based on Mindfulness and calming.</p> <p>https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ</p>	<p>Self Esteem and Positive attitude activity: Set a timer and see how many positive “I am” statements you can make in 5 minutes. (eg. “I am kind.” “I am fun to hang out with.” “I am able to do hard things.” Make it a game by seeing who can come up with the most statements.</p>	<p>National Association of School Psychologists: Talking to your child about Covid19</p> <p>https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf</p>
<p>Do a Go Noodle activity</p> <p>https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</p>	<p>Permission granted to digitally share</p> 	<p>Progressive Muscle Relaxation Video-Counselor Keri https://www.youtube.com/watch?time_continue=12&v=cDKyRpW-Yuc&feature=emb_logo</p>	<p>Permission granted to digitally share</p> 
<p>Take Five Breathing</p>		<p>Worry Warriors Video 1: Counselor Keri</p>	
<p>Kind Wishes</p>		<p>Worry Warriors Video 2: Counselor Keri</p>	
<p>Rocks and Socks</p>		<p>Do a Go Noodle activity</p> <p>https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</p>	
<p>Loving Kindness</p>		<p>Worry Warriors Video 3: Counselor Keri</p>	

		Worry Warriors Video 4: Counselor Keri	
		Take Five Breathing	
		Kind Wishes	
		Loving Kindness	