Counseling Corner with Mrs. Ross

Here are some emotional and social activities to keep you calm, balanced, motivated, and upbeat.  Spend this time loving yourself and your family 💓💖

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| **Monday****Appreciation Day** | **Choice 1****for 3rd, 4th, 5th** | **Choice 2****for 3rd, 4th, 5th** | **Activities****for K, 1st, 2nd** |
| If you are in 3rd-5th grade, I have given you two choices. Pick which one you want to do for the day. Have fun and remember to be kind!☮ |  Have a family meeting. At some point today have your family members sit in a circle. Only one person can talk at a time.  Here is what you do: Tell each person something you love or appreciate about them or give them a compliment. | Get out some markers/crayons. Pick one person in your family to make a message for.  Put drawings in it, write specifically what you love about them. Then hide it in a place they will find it right before they go to bed:  Under their pillow or on the bathroom mirror, etc.  | Draw a picture for someone in your family and leave it in a special  placehttps://lh3.googleusercontent.com/qSZFkKmiiJNcIMt1sbl0S1bqAnsGdNls7i2Gvj76OX1t12UKu3k-AX0qiaOWMBFP5kO94z4BZ7gRYlYzAUKWlpELO9aFHzpgdwG96i-LeUoY_AaPKt_flZaDgoEkCHemfPU4xRVT |
| **Tuesday****Thinking of others** | **Choice 1****for 3rd, 4th, 5th** | **Choice 2****for 3rd, 4th, 5th** | **Activities****for K, 1st, 2nd** |
| If you are in 3rd-5th grade, I have given you two choices. Pick which one you want to do for the day. Love those you are with! | Make any size heart out of any material.  Write a positive word or message on it. Next,  tape it to your window so it faces the people walking by!  You will lift their spirits and make them smile https://lh3.googleusercontent.com/B93QCYT6NMvbS3eZs_VsRz2xPjrY4lTJCiRzrSwVkq-NIB81DIwzY0JxUZwyAjSbyqkVZC7h8XzPfvbSdxFncp31Rf9f5zfi-sgVVfpR5CaGTTxZW6-54tsaspbkVZ99zlQQIpWN | Help your parents or siblings out by doing something nice like cleaning something without being asked ->  take out the trash, clean the bathroom, straighten the living room, help your brother or sister with classwork, or play with them to give your parents a break ->anything you can think of to help someone out at your house. | Make any size heart out of any material.  Write a positive word or message on it. Next,  tape it to your window so it faces the people walking by!  You will lift their spirits and make them smilehttps://lh3.googleusercontent.com/B93QCYT6NMvbS3eZs_VsRz2xPjrY4lTJCiRzrSwVkq-NIB81DIwzY0JxUZwyAjSbyqkVZC7h8XzPfvbSdxFncp31Rf9f5zfi-sgVVfpR5CaGTTxZW6-54tsaspbkVZ99zlQQIpWN |

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| **Wednesday****Calming your mind** | **Choice 1****for 3rd, 4th, 5th** | **Choice 2****for 3rd, 4th, 5th** | **Activities****for K, 1st, 2nd** |
| If you are in 3rd-5th grade, I have given you two choices. Pick which one you want to do for the day. Smile a lot today 🥰 | Set up  a place in your house and make it peaceful: grab a pillow, put things that you love in there, try to close it off. Next,  either play soft music (try classical) or close your eyes and visualize your favorite place with your favorite people doing your favorite things. | Go to this website at the Monterey Aquarium and watch the jellyfish - it’s so relaxing!  <https://www.montereybayaquarium.org/animals/live-cams/jelly-cam/> | Kids Yoga on a YouTube channel called Cosmic Kid Yoga and watch this one specifically - she will show how to do some yoga<https://www.youtube.com/watch?v=9JI01thiHYI>\*Or if you do not have Internet then just slowly stretch while singing  the song *Wheels on the Bus* |
| **Thursday****Move it!** | **Choice 1****for 3rd, 4th, 5th** | **Choice 2****for 3rd, 4th, 5th** | **Activities****for K, 1st, 2nd** |
| If you are in 3rd-5th grade, I have given you two choices. Pick which one you want to do for the day. Get groovy!😎 |  Have a dance party to your favorite music.  Move it and shake it for at least 20 minutes.  Come up with a dance routine. If you want, you could teach your dance routine to one of your family members or share your moves with your friends on social media.  | Create an indoor or backyard obstacle course. Army crawl under chairs, hop on one foot for 10 times, do a somersault two times, etc.  Make it fun and safe. TIme yourself and see if you can beat your record .  | Have a dance party to your favorite music.  Move it and shake it for at least 20 minutes.  Come up with a dance and teach it to a family member. https://lh3.googleusercontent.com/l-2XXX1sWXSXgzhqKnjpDAMXSc8X0uvwF7TDCPu5JxoTMyy9UVgYWDzABqhpNvmmkwQO3hi-Vozg36HMTA7J_2Ubl9q_IwWsmbStXxihHAVLnf0ecDyGPOeAo_UPqGnbGLlczAWK |
| **Friday****Family Time** | **Choice 1****for 3rd, 4th, 5th** | **Choice 2****for 3rd, 4th, 5th** | **Activities****for K, 1st, 2nd** |
| If you are in 3rd-5th grade, I have given you two choices. Pick which one you want to do for the day. Love the ones you are with 💗 | Together either go through baby photos,  watch home videos, or have someone in your family tell stories of silly things they remember in the past.  | Build a pretend campfire in the middle of the living room and  read a book or tell made up stories to one another.   | Build a pretend campfire in the middle of the living room and  read a book or tell made up stories to one another.  https://lh6.googleusercontent.com/CDfE5tPuXyD80zT5PlncoflQvtGpwb4RryiIGy2h3_eIC_1R0Le98FqC4WuyXFMup43a6f3izE7-U2as5RQQlwQjY14Ies3vvh4ZyiJRU52GkdMSFvL5WuhoyEQ3YDtG_oxLi138 |