

March, 13, 2020

Dear Parents and Guardians in Grades 3-5,

Attached you will find a counseling choice board for students to continue their social-emotional learning during our time away from school. These are some fun ideas to keep your children engaged to continue working on their social skills. Each time a student participates in one of these activities, please have them color in the square. We would love to see what skills they have practiced when we return to school.

In addition, attached you will also find a link to a webpage that discusses how to support your child during this uncertain time.

If you have any questions, please feel free to reach out to the School Adjustment Counselor at your school.

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronaviruses-2020030719111>

Sincerely,

The Elementary School Counseling Team

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## Grades 3, 4, 5 Remote Learning Counseling Choice Board

Practice being a good sport by playing a board game	List 3 emotions you like to have and where they show up in your body	Identify 3 strategies you can use when feeling sad	Identify 3 strategies you can use to calm your body when angry
Do a random act of kindness	List a big problem and the emotion/reaction that matches it	Talk, write or draw about a time you showed or received empathy	List 5 things you can see, 4 things you can hear, 3 things you feel, 2 things you smell 1 thing you can taste
Discuss the emotions you see in your favorite book	List a small problem and the emotion/reaction to match it	Name all of the emotions you can think of	Practice 3 deep breaths: <a href="https://drive.google.com/open?id=1UUajCcM3pob4y-bj-ndCaL2zZ9GoGyb">https://drive.google.com/open?id=1UUajCcM3pob4y-bj-ndCaL2zZ9GoGyb</a>
Brainstorm 3 ideas to solve the following problem: a student took my pencil without asking	Play coping skills charades: <a href="https://drive.google.com/open?id=1CWam6do8jVGHI8khjPbTA1BencdyAHzR">https://drive.google.com/open?id=1CWam6do8jVGHI8khjPbTA1BencdyAHzR</a>	Do a mindfulness activity from the attached list: <a href="https://docs.google.com/document/d/1y2ikGa9kwgbmf4X_ZRhiE2S3LDppJBYaDpO-md8uCYQ/edit">https://docs.google.com/document/d/1y2ikGa9kwgbmf4X_ZRhiE2S3LDppJBYaDpO-md8uCYQ/edit</a>	Identify the 4 zones of regulation and list an emotion for each zone
Practice gratitude. List 3 things you are grateful for. Ask a family member what they are grateful for	Practice your conversation skills. Ask a family member 2 on topic questions and make 2 comments	List 3 ways to greet others	Name 3 ways you are a good friend or neighbor

## Mindfulness Activities

### YouTube Videos:

- The Listening Game/Cosmic Den: [https://www.youtube.com/watch?v=uUIGKhG\\_Vq8](https://www.youtube.com/watch?v=uUIGKhG_Vq8)
- [Breath Meditation for Kids](#) – To teach kids to pay attention to their breathing: <https://www.youtube.com/watch?v=CvF9AEe-ozc>
- [Mindfulness Meditation for Kids](#) – This video focuses on bringing attention to specific parts of the body and how they feel while being present in the moment. At 5 minutes in length, this would be a great short video to have in your therapy toolbox or for use in the classroom as a mindfulness break. ([https://www.youtube.com/watch?v=shR8DLyOkcg&disable\\_polymer=true](https://www.youtube.com/watch?v=shR8DLyOkcg&disable_polymer=true))
- 3 Minute Body Scan Meditation– This video uses a three minute exercise to guide students through a body scan as a way to get in touch with the body. By following along, kids can relax and release pent-up emotions, while training attention. ([https://www.youtube.com/watch?v=ihwcv\\_ofuME](https://www.youtube.com/watch?v=ihwcv_ofuME))
- [Peace Out Guided Relaxation for Kids](#)– This is another 5 minute video that allows kids to explore their thoughts and feelings as a way of calming themselves so that we can feel calmer and happier whenever we need to. ([https://www.youtube.com/watch?v=9\\_vEZTrmtyA](https://www.youtube.com/watch?v=9_vEZTrmtyA))
- Guided Meditation for Children – This guided meditation video uses a rainbow waterfall theme and music to imagine they are visiting a magical waterfall that washes away stress and worry and replaces. ([https://www.youtube.com/watch?v=7j\\_Na4Baoaw](https://www.youtube.com/watch?v=7j_Na4Baoaw))
- 20 minute Guided Mindfulness Exercise– This video would be appropriate for older children or teens who are interested in following a guided exercise. (<https://www.youtube.com/watch?v=thYoV-MCVs0>)

### Coping skills Practice List: