

March 13, 2020

Dear Parents and Guardians in Grades K-2,

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 K,1,2 Remote Learning Counseling Choice Board

<p>Play emotion charades</p>	<p>Pick your favorite deep breathing technique and practice it: Breathing Exercises.pdf</p>	<p>Tell about a time that you felt happy</p>	<p>Watch Inside-Out and identify three emotions from the movie</p>
<p>Practice being a good sport by playing a board game ie: taking turns, congratulating the winner</p>	<p>Practice mindful coloring</p>	<p>Play red light/green light to practice self-control</p>	<p>Practice sitting for 1 minute- notice the sounds you hear</p>
<p>Tell about a time you felt sad</p>	<p>Play Simon Says to practice listening skills</p>	<p>Name all the emotions that you can think of</p>	<p>Write or draw what it means to be a good friend</p>
<p>Write or draw about 3 coping skills that you can use when you are upset or angry</p>	<p>Discuss the emotions that you see in your favorite book</p>	<p>List 5 things you can hear, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste</p>	<p>Explain to your parents the different zones and what they mean</p>
<p>Write or Draw about a time you used a coping strategy when you felt upset</p>	<p>If there is a problem- Identify the size of your problem and the reaction needed</p>	<p>Go for a walk</p>	<p>Do a calming GoNoodle</p>