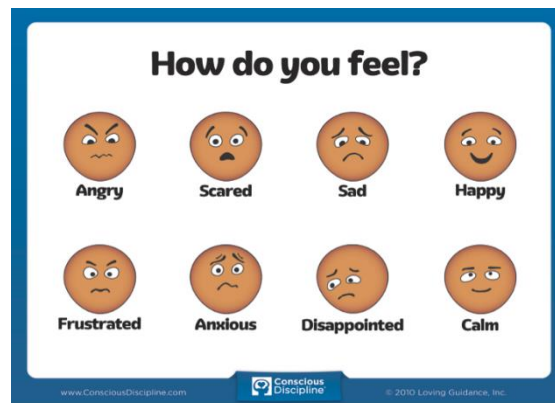


## Counselor Corner

Last week, we shared some ideas on self-care and taking the time to do things that make our minds and bodies feel calm and happy. We may have days where we feel like we have it all under control and then other days where we are feeling overwhelmed and less in control of what is going on around us. And, that is OK! The world today is new to all of us! What works for one person or their family may or may not work for you or your family. And that is OK! Try different things and you will find what works best for you. We are all experiencing different emotions during this time and it is important to understand them and identify ways to help manage them. Check-in with your children and ask them, how do you feel?



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

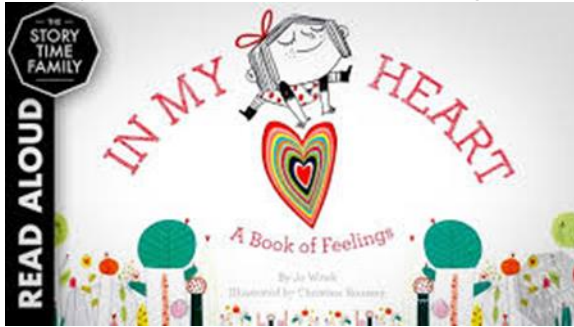


1. Remind myself that it is never okay to hurt others.
2. Take 3 deep breaths or count slowly to 10.
3. Use my words to say how I feel and what I wish would happen.
4. Ask for help to solve the problem.
5. Take time to calm down.

<https://childhood101.com/helping-children-manage-big-emotions/>

## Read Aloud Story videos:

In My Heart: A Book of Feelings



<https://youtu.be/xIfLgHBwYx4>

BOOKENDS with Julia Cook: Wilma Jean the Worry Machine



<https://youtu.be/Yfva5ltdpEw>

## Suggested links on managing stress:

**How Mindfulness Can Help Kids and Parents Weather Emotional Storms**

<https://www.pbs.org/parents/thrive/how-mindfulness-can-help-kids-and-parents-weather-emotional-storms>

**How You and Your Kids Can De-Stress During Coronavirus**

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

## **Parents remember it is ok to take a moment to yourself!**

Sesame Street: A Moment to Yourself | Parent PSA

<https://youtu.be/aEmaWlxyhj8>

### **Technology Tips**

For some families, this may be the first time that your child has their own device (if you signed up to get a laptop). In that case, this will be the first time that online safety and access needs to be considered. If your child already has a device with internet access, this can be a good reminder.

- Set rules about when and where your child can use their device. Choose times when it's off limits and consider allowing your child to use the device only in a place where you can see their screen. You may also wish to set limits on how much screen time your child is allowed. You may want them to take frequent breaks to do other activities as well.
- Have a talk with your child about online safety. Your child should know this from school, but a reminder from you will be helpful. Any pages that have a public chat feature can be a place where people are doing the wrong things. Many popular games have a chat feature. Remind your child not to give out any personal information and that many people online lie about their identity. Your child should let you know if anyone is asking for any information. You may wish to limit your child to websites that are given by the school to avoid these issues.
- Sometimes, when someone is online, they say things that they may not say in person. Cyber-bullying can be a problem. If you limit your child to school websites, this should not be an issue (if it is, take a screen shot or picture of the conversation and please inform your child's teacher or one of the counselors). If your child encounters cyber-bullying on a non-school related website, let them know that they should tell you immediately. Make sure that you review your expectations about using kind language online with your child.