

Good Evening Braves,

We are in week 2 of our time away from school and things can be very difficult for us. I want you to know that I'm available by email as well as my main voicemail at Salt Creek, which I check daily. These are important to use, alongside the crisis resources listed on the district website (loganelm.org). I miss you all very much and please don't hesitate to contact me or talk with a trusted adult if there's anything we can do to help.

Thinking of you, and wishing you calmness, safety, & happiness!

Mrs. Grube

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Feeling Anxious - Complete this activity. Feel free to move around the house or step outside in order to complete it until you start to notice your mind and body relax. Anxiety can be noticed with thoughts or feelings of something bad is about to happen, shortness of breath, holding our breath, clenched teeth, balling our hands up into fists, increased heart rate, feeling irritated, sweaty palms, feeling like we have 'butterflies' in our stomach, crying, etc.



#schoolcounseling
thecalmingcorner

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5 SENSES GROUNDING TOOL



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

Feeling Discouraged - Trying to focus on schoolwork at times and handling our new daily routine can cause us to feel like we have no control over what's going on in our lives. How we talk to ourselves is extremely important at all times, especially now. Everytime we start to feel discouraged, replace the current thought you're having with one of these positive, realistic thoughts.



WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation.
But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe.** And **do the next right thing.**



Social Emotional Activities - This is a great tool to use in addition to the activities your teachers have provided you. This can be done not only with someone in your family, but also a friend. You can keep track of your progress and share when it's best to be around others, calling a friend and sharing what each of you have completed for the day, or shared with your teacher through email or a classroom page they've created.

Social Emotional Activity Choice Board

TRY FOR 3 IN A ROW EACH DAY!

Set a goal that you want to accomplish today. Keep track of it all day, and celebrate when you reach it!

SELF MANAGEMENT

Make a list of your responsibilities for today. Check them off as you complete them!

RESPONSIBLE DECISION-MAKING

Tell someone at home about something you're really good at doing. Then, tell them about something you want to get better at doing.

SELF AWARENESS

Talk with someone at home about a strategy you can use to deal with angry feelings. Practice it together!

SELF MANAGEMENT

COUNSELOR Ken
As you watch a movie or show together, talk about how one of the characters is feeling. What would it be like to be in their position?

SOCIAL AWARENESS

With someone at home, talk about 2 ways you can be a responsible community member.

RESPONSIBLE DECISION-MAKING

As you read a book together, predict some consequences of a character's actions or choices.

RESPONSIBLE DECISION-MAKING

Make a list of 3 ways you can connect with friends and family even when you aren't seeing them in person!

RELATIONSHIP SKILLS

As you read a book together, tell a family member how you think one of the characters is feeling. Then, share a time when you felt that way too.

SELF AWARENESS