

THE Counseling CONNECTION

Tovashal Elementary

School Counselor: Amy Cohen, acohen@murrieta.k12.ca.us

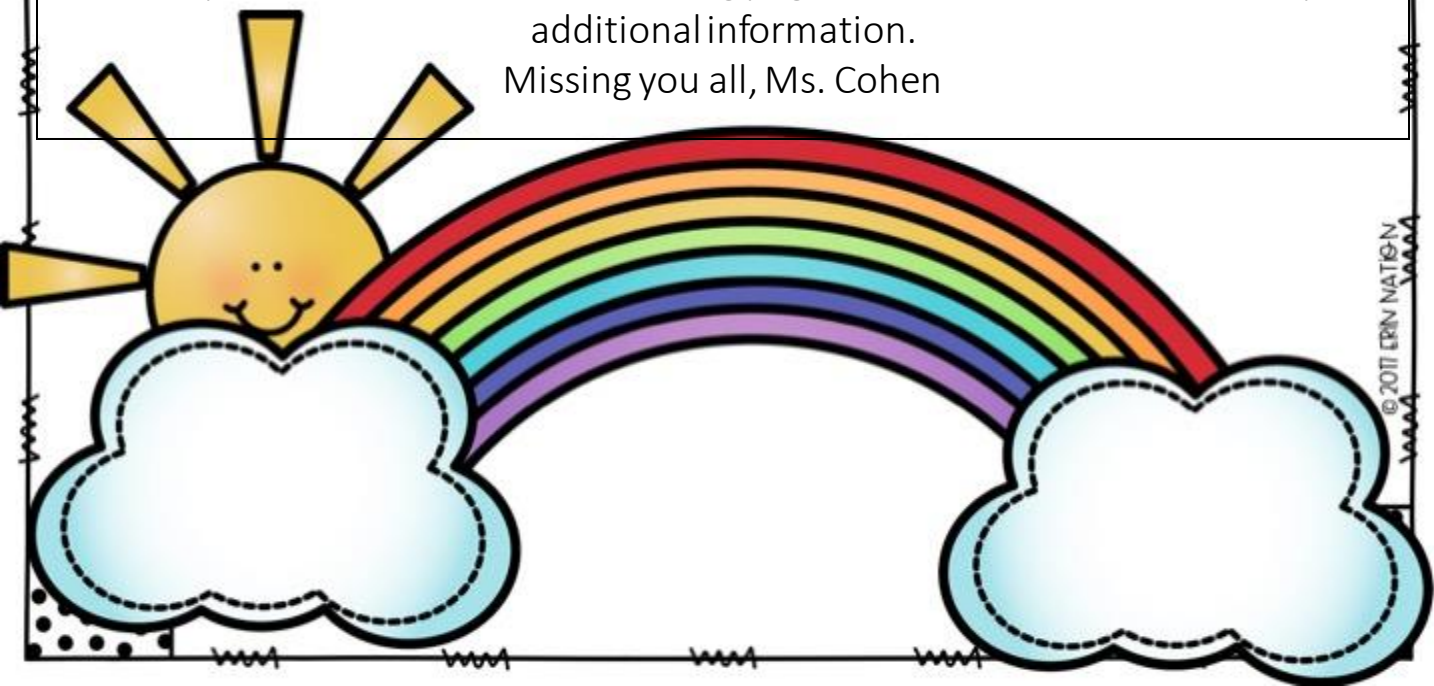
Week of April 20th – April 24th

Hello Tigersharks and parents! I hope you are having a great week. This week's topic is mindfulness. Mindfulness means intentionally focusing on what is happening around you and inside you in the present moment, without judgment. The California Surgeon General recently released a stress relief guide during Covid-19, and one of her recommended strategies is mindfulness practice. Some ways to practice mindfulness include utilizing various breathing techniques, drawing, intentionally focusing on the present moment, and journaling your current thoughts and observations. Mindfulness helps to decrease anxiety and stress by helping your mind focus on the present, rather than worrying about the past or future. I've included a few mindfulness activities (see the links on the next page) that you can use throughout the week, to work on your mindfulness skills. You can also view some Mind Yeti videos, linked below, which provide great moments of mindfulness for parents and children!

Just a reminder, I am here to help you all in any way that I can. Please feel free to reach out. If you need to contact me, my email is: acohen@murrieta.k12.ca.us.

And please check out the Counseling page on Tovashal's website for any additional information.

Missing you all, Ms. Cohen



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Social Emotional Learning Resources

Below are some videos and resources you can utilize while you're home. These resources are about mindfulness and ways to practice mindfulness.

Mind Yeti – [What is Mindfulness?](#)

Mind Yeti – [Finding Your Yeti Body](#)

Activity - [Mindfulness Coloring Pages](#)

Posters - [Calming Posters](#)

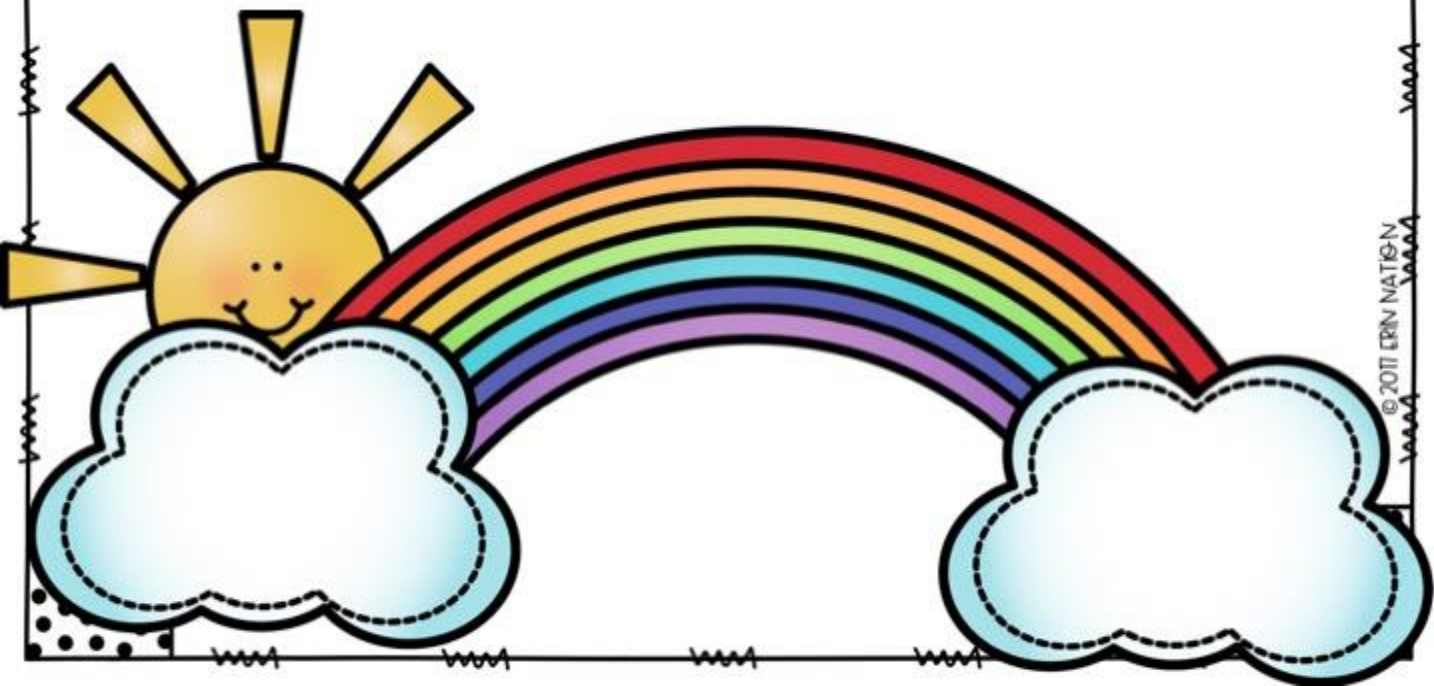
Activity – [Muscle Relaxation Exercise](#)

Activity – [Gratitude Prompts](#)

Activity – [Mindfulness in the Moment](#)

Activity – [Mindful Listening](#)

[California Surgeon General's Playbook – Stress Relief During Covid-19](#)



Here is a list of some great activities you can do as a family during this week! These prompts help promote positive social-emotional skills, and is a great way to connect!

BINGO FOR CALM AND CONNECTION

<p>Call someone you care about and send a friendly signal through the phone with kind words and a friendly tone of voice.</p>	<p>Think of your favorite place that brings you lots of positive feelings. What does it smell like? Look like? Sound like? Feel like? Come back here in your mind when you feel upset.</p>	<p>Write down or tell someone about 5 people and 5 things you feel grateful for, and why you're grateful for them.</p>	<p>Because it's okay to be mad but not okay to be mean, work with your family to write down a list of all your favorite ways to calm down when you're feeling mad.</p>	<p>Every time you have to share something with someone, such as a game, today, take the time to be kind and let the other person go first.</p>
<p>Play Emotions Charades. Make feeling cards with a feeling face on one side and feeling word on the other. Take turns picking a feeling and giving clues. Have fun reading body language!</p>	<p>After washing your hands, create a friendly card for an elderly person you live by. Go with your safe grown-up and deliver it to their mailbox or door.</p>	<p>Take the time to be kind and ask your family what extra chores you can do to help out.</p>	<p>Do starfish breathing using your hand: Trace your fingers and breathe in on the way up each finger, and breathe out on the way down each finger.</p>	<p>Have a happy heart! Work with your family to think of all the things you can do and say to bring more happy feelings into your home.</p>
<p>Take 3 calm down breaths every hour today! Smell the flower and blow out the candle...</p>	<p>Friendly faces create friendly places! Every time you see your family members today, send them a friendly signal, such as a smile, wave, hello, or fist bump.</p>	<p>Think of a time you made a mistake with how you handled your feelings with someone this week. Put your brave in front, own your mistake, say why you're sorry, and make it better.</p>	<p>To practice knowing when to be silly and when to be serious, play some Freeze Dance.</p>	<p>Write yourself a love letter - write down all the things you're proud of yourself for doing right now while you are home from school, and all the things that are special about you.</p>
<p>When someone in your family does something to upset you, be kind and let them try again.</p>	<p>Take the time to be kind by surprising a family member with a meal you make for them. Be sure to make safe choices!</p>	<p>Do rainbow breathing if feeling cloudy: Color a rainbow. Then breathe in while dragging your finger up each color arc, and breathe out while dragging your finger down each color arc.</p>	<p>Create a friendly card for someone you miss from school so you can make their day when you go back to school.</p>	<p>Take a mindful minute by walking or looking outside. Perhaps you'll find some clovers, roses blooming, or bugs playing. What do you notice? What gets your attention?</p>
<p>Write a letter or draw a picture to tell someone in your family or a friend you miss from school why you are grateful for them, and give it to them when the timing is right.</p>	<p>Because it's always more fun when we make room for everyone, invite everyone you live with to play your favorite game with you.</p>	<p>Whenever you have a hard-to-have feeling today, name it and tell a trusted adult about it.</p>	<p>Get grounded by paying attention and naming 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.</p>	<p>Because a hopeful heart makes many things possible, tell someone what you're most hopeful about for time at home and for when school starts up again.</p>

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