

# THE Counseling CONNECTION

## Tovashal Elementary

School Counselor: Amy Cohen, [acohen@murrieta.k12.ca.us](mailto:acohen@murrieta.k12.ca.us)

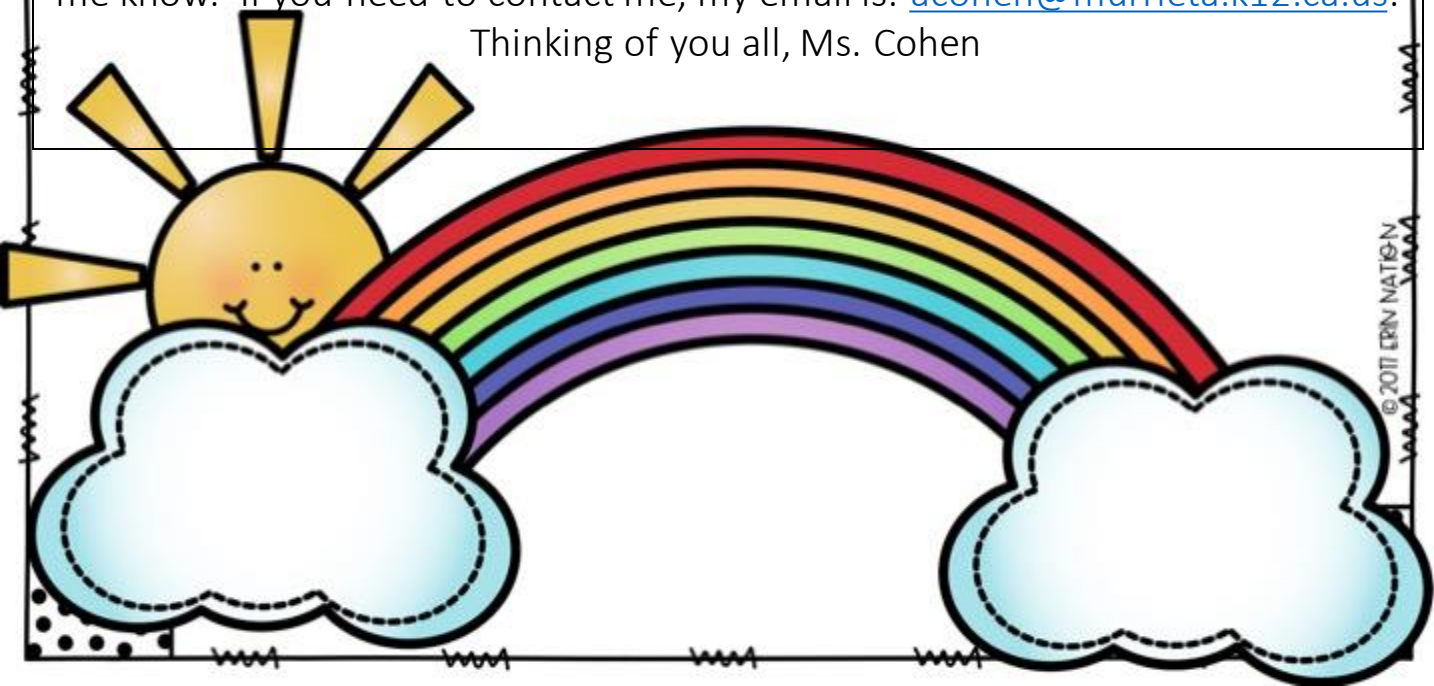
Week of April 13th – April 17th

Hi Tigersharks and parents! I hope you enjoyed last week's Counseling Newsletter on Coping Tools. Use the following FlipGrid Code (cohen3390) to let me and your peers know what your favorite Coping Tool is!

This week's topic is about What You Can and Cannot Control. Right now, it feels as if there is so much out of our control. And in some ways, that is true. But it's important to remember that there are hundreds of things we still DO have control over. If you can focus on what you can control, you'll find yourself starting to feel a bit more confident in what you can do to keep yourself feeling great. In this newsletter, you will find a list of 50 Things You Can Control. Take a look and see if you can think of anything else to add to the list. And keep on reading, because you'll find an awesome Scavenger Hunt to do when you want to get up and move this week!

Just a reminder, I am here to help you all in any way that I can. I am now able to do Virtual Counseling, so if you would like to schedule a session, please let me know. If you need to contact me, my email is: [acohen@murrieta.k12.ca.us](mailto:acohen@murrieta.k12.ca.us).

Thinking of you all, Ms. Cohen



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### Social Emotional Learning Resources

Hi Tigersharks! Below are some videos and links for you to use while you're home. These resources include topics that focus on what you can and cannot control, mindfulness, and feelings. When you get a chance, take a look at some of these videos. You can follow the links to watch videos and fun activities from Mind Yeti, and one from MS. COHEN!!

Ms. Cohen – [What I Can and Cannot Control Control](#)

Rocket Kids – [5 Things You Can](#)

Mind Yeti – [Hello Thoughts: Listen](#)

Mind Yeti – [Hello HubBubbles: Listen](#)

[50 Things You Can Control](#)

[Things I Can Control Fortune Teller](#)

[Things I Can Control Bingo](#)

[Social Emotional Scavenger Hunt](#)

[Things I Can Control Wheel](#)

