

THE Counseling CONNECTION

Tovashal Elementary

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

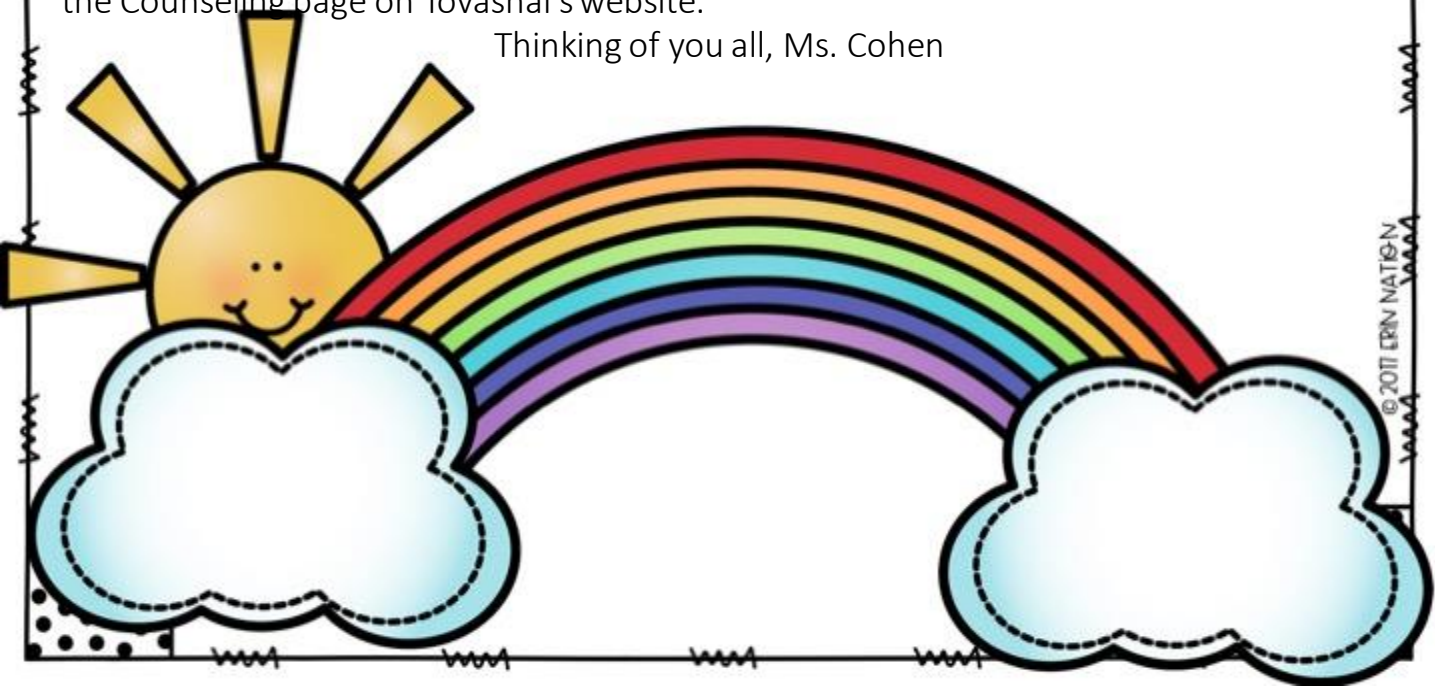
Week of April 6th – April 10th

Hello Tigersharks and parents! I hope you all had a relaxing spring break, with plenty of time spent with your families. It truly feels as if it has been months since I last got to see all of you. I miss each and every one of you, and hope you are all doing splendidly.

Here is an update on what I will be providing to you in this Counseling Newsletter. It is so important to promote positive social emotional wellbeing, which is why each week, I will be providing different activities, coping strategies, and a video on various social emotional tips. This week, you will find a video of myself demonstrating how to utilize deep breathing as a coping skill to manage anxiety. The last few weeks have brought up feelings of worry and anxiety, for students and adults, which is why it is very important to find ways to help manage these feelings. I have provided a list of 100 Coping Strategies. Take a look through and see which ones you think might help you cope with strong feelings! My favorites are #12 (Say Something Kind to Yourself) and #42 (Do Something You Love).

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. My office hours are 9am-1pm, Monday – Friday. And if you missed my first newsletter, check out the Counseling page on Tovashal's website.

Thinking of you all, Ms. Cohen



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Social Emotional Learning Video Clip Resources

Hi Tigersharks! Below are some videos you can watch while you're home. These videos are about feelings and ways to cope with strong feelings. It's really important to know that everybody has feelings, and feelings are not bad (even the ones that don't feel too great, like anger or worry). We just need to know how to cope with these feelings. You can follow the links to watch videos from Mind Yeti, PBS, and one from MS. COHEN!!

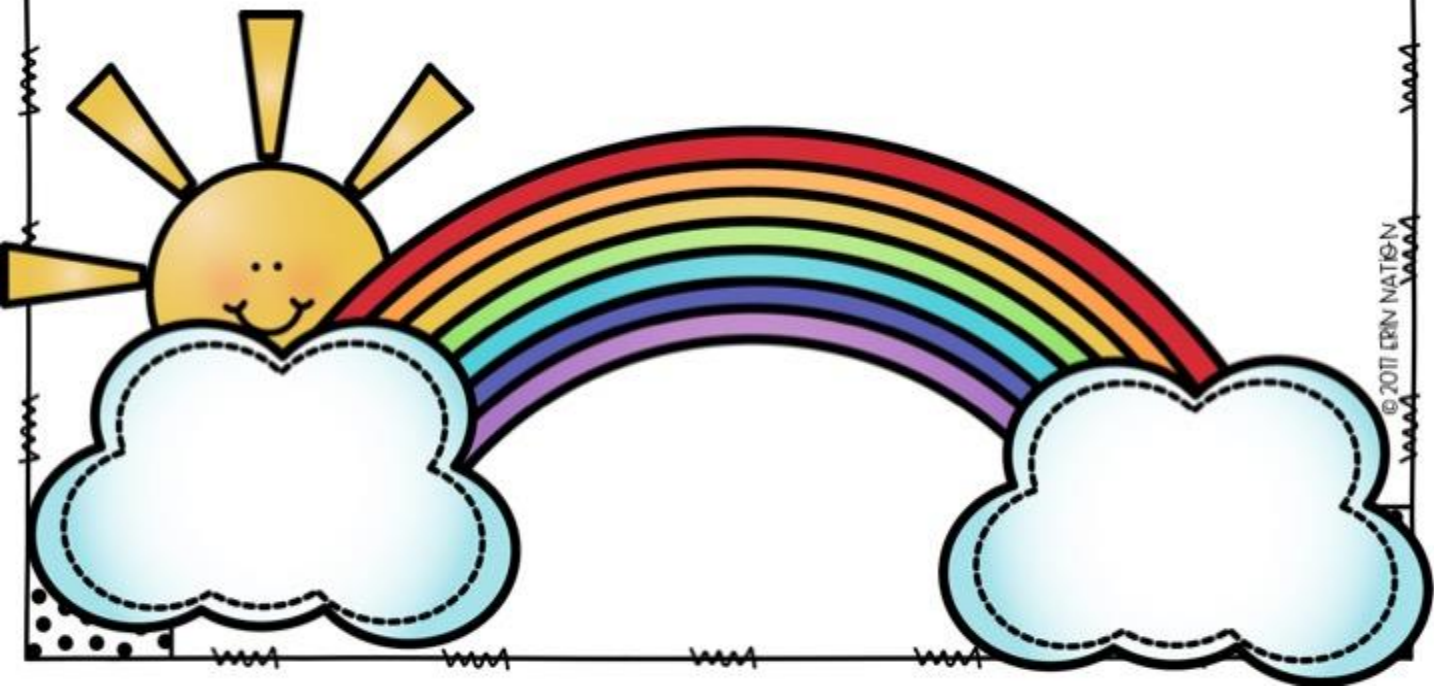
Ms. Cohen – [Coping Skills](#)

Mind Yeti – [Get Your Mind Ready](#)

Mind Yeti – [Hello Breath: Listen](#)

PBS - [Feelings](#)

PBS – [Feelings Faces](#)



Ms. Cohen's Mailbox

Please head to my website, [Tovashal Counseling](#), to find another way to communicate with me...my new mailbox! I am also available via email - acohen@murrieta.k12.ca.us. Please utilize either email or Ms. Cohen's mailbox if you have any social-emotional concerns regarding your child.

Thank you!

Name: _____

Date: _____

COPING STRATEGIES

EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water

Name: _____

Date: _____

COPING STRATEGIES

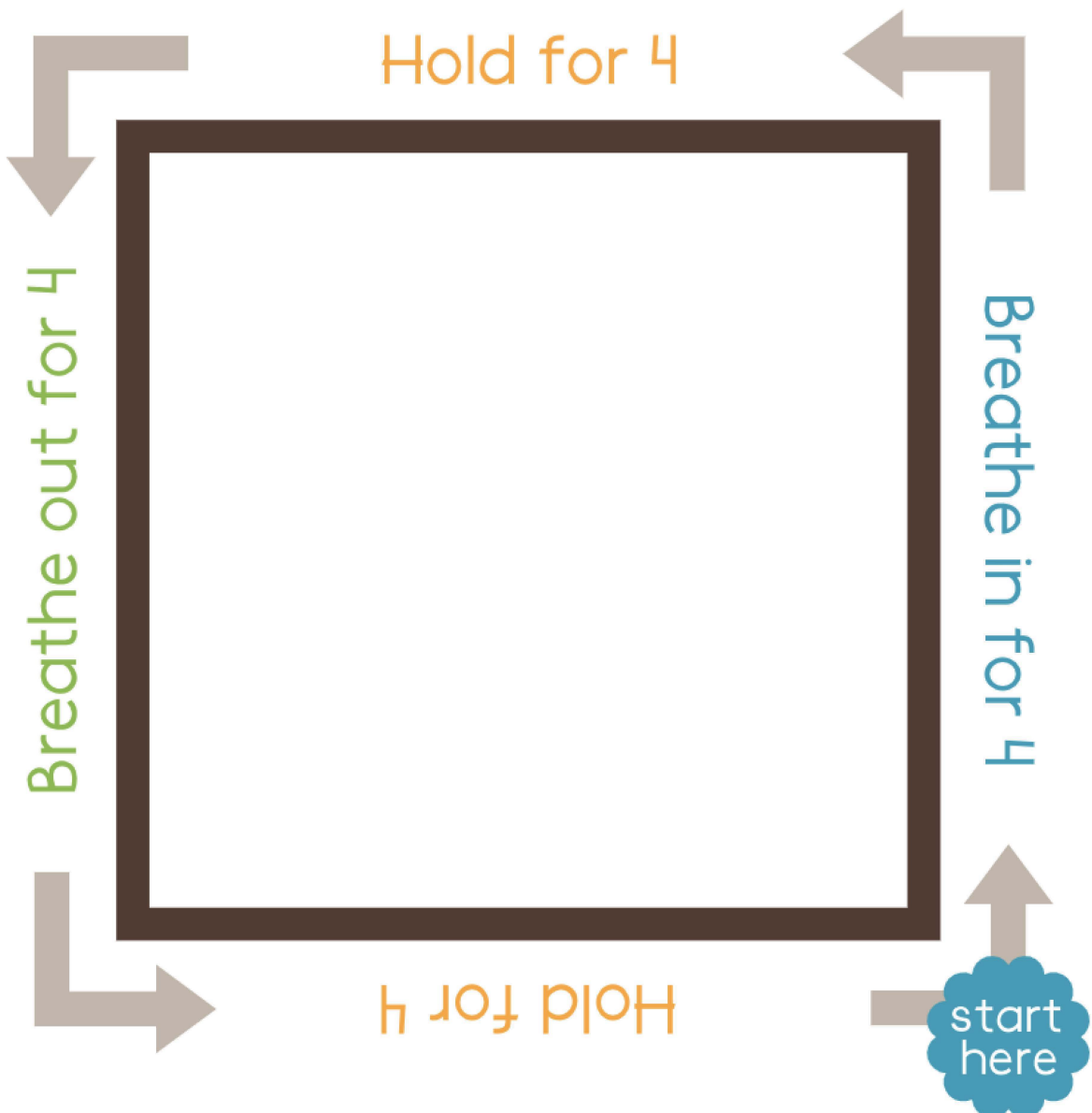
EXAMPLES OF COPING STRATEGIES:

63. Draw cartoons
64. Read a magazine
65. Write a thank you note
66. Count to 100
67. Make a list for the future
68. Read inspirational quotes
69. Compliment yourself
70. Visualize a stop sign
71. Laugh
72. Smile in the mirror
73. Smile at others
74. Do schoolwork
75. Look at animal pictures
76. Hyperfocus on an object
77. Notice 5 things you can see
78. Paint with water colors
79. Use a relaxation app
80. Watch a funny video
81. Drink some tea
82. Cook or bake
83. Plan a fun trip
84. Use an I-statement
85. Identify your emotions
86. Express your feelings to someone
87. Write down your thoughts
88. Identify a positive thought
89. Make your day's schedule
90. List 10 positives about you
91. Ask yourself, "What do I need right now?"
92. Tell someone you are thankful for them
93. Pet an animal
94. Make a list of choices
95. Ask an adult for help
96. Organize something
97. Play a card game
98. Listen to nature sounds
99. Sit and relax all your muscles
100. Ask for a break

CAN YOU THINK OF ANY MORE?

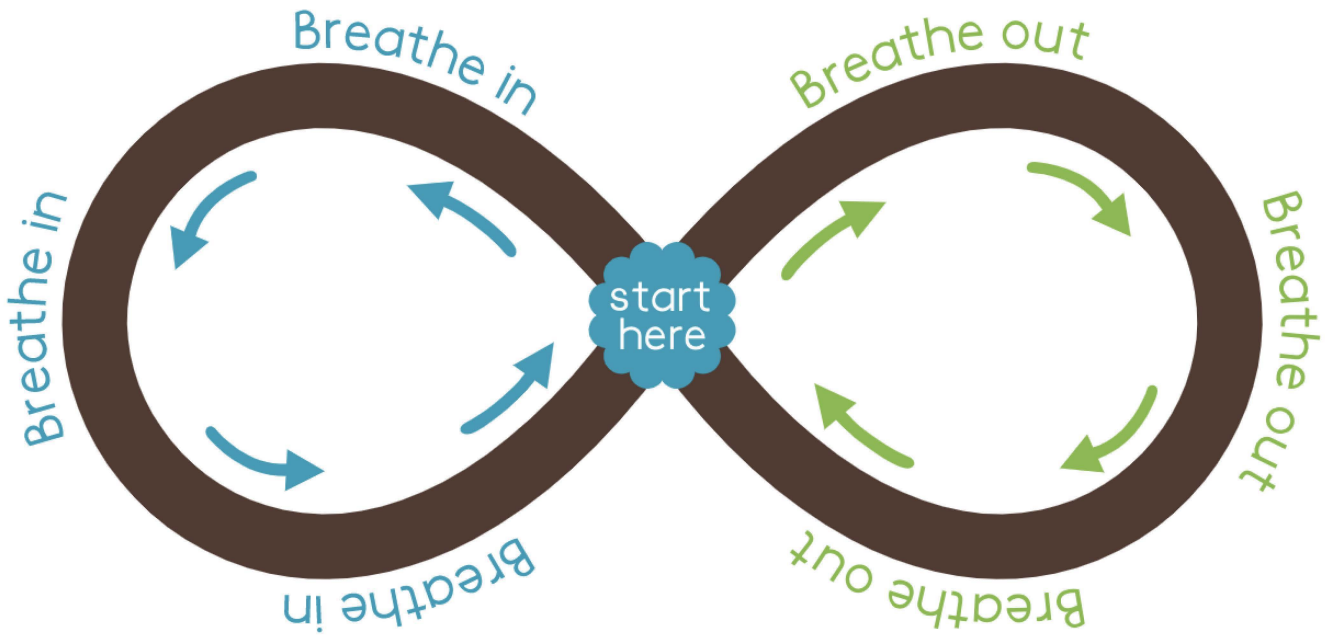
Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



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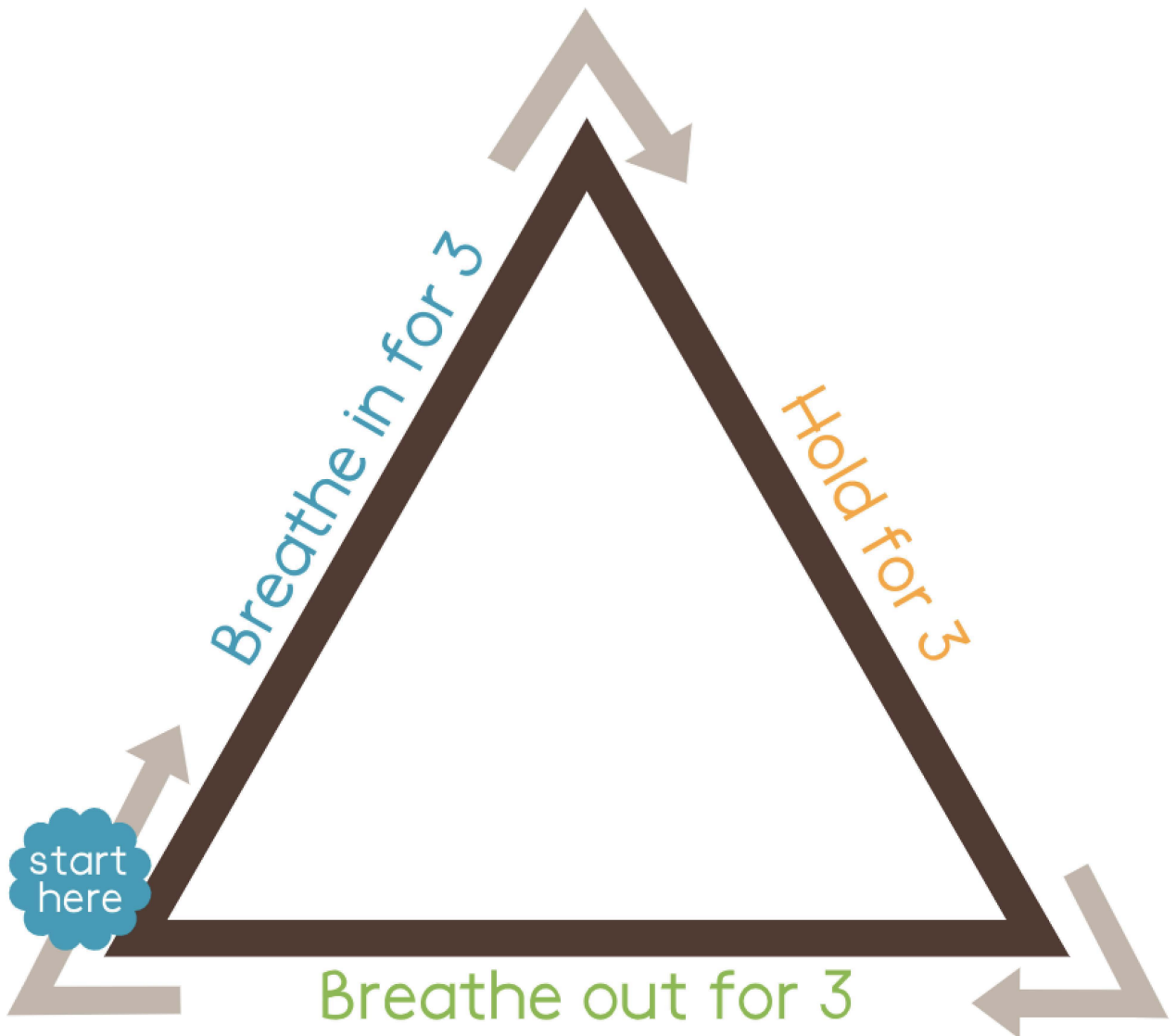
Star Breathing

Start at any “Breathe in” side,
hold your breath at the point, then breathe out.
Keep going until you’ve gone around the whole star.



Triangle Breathing

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



When we are feeling strong feelings, like anger or worry, we can also use our calm down steps to help us manage our emotions. First, use your stop signal – say "stop" or "relax" or "it's okay." Then, name your feeling - "I am feeling worried." Then, use your calm down/coping tool. There are so many coping tools, pick the ones that work best for you!

How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk

The following 3 pages were in my previous newsletter, but I will be keeping these handouts in each of my newsletters. This is so parents can refer back to these handouts without having to look for previous emails.



Connection Questions

1. If you were a color, what would you be and why?
2. What are five compliments you would give yourself?
3. What is something you would love to learn more about?
4. Who is someone that always cheers you up?
5. What is something interesting about you that most people don't know?
6. Do you prefer books or movies? Why?
7. What would your perfect day look like, from start to finish?
8. What is your most cherished possession?
9. What is your favorite season and why do you like it?
10. What is a big fear of yours?
11. What is your favorite movie or T.V. show? Why do you love it?
12. Would you rather be an author or an actor?

13. What three things make you the happiest?
14. Would you rather learn to speak a new language or learn to play a new instrument?
15. What was the hardest thing you've ever done?
16. What careers are you interested in for when you grow up?
17. If you had a time machine, would you go to the past or to the future?
18. What is something that always makes you laugh?
19. What makes you unique?
20. If you had three wishes, what would you wish for?
21. If you could meet a character from a book or a movie, who would it be and why?
22. What are your three favorite hobbies?
23. What was the best day of your life?
24. Would you rather play in the sand or in the snow?
25. What are you grateful for today?

To Parents:


These are some questions you can use to cultivate meaningful conversations with your children and family. I hope you enjoy!

Ms. Cohen

acohen@murrieta.k12.ca.us



Tips to Help Your Child Manage Worry

1. **Talk to a trusted adult**
 2. **Get moving! Exercise, dance, stretch**
 3. **Lean into what brings you joy - reading, watching your favorite movie, playing games as a family**
 4. **Practice mindfulness strategies - notice your 5 senses in the moment**
 5. **Encourage the use of positive self-talk - "I am stronger than my worries"**
 6. **Practice breathing techniques - slow, deep breathing**
 7. **Focus on what you can control - sleep schedule, morning routine, the number of times you smile throughout the day**
 8. **Journal - write down your thoughts and feelings**
 9. **Read - enter a new world of adventure and possibility, even if it's just for 10 minutes**
 10. **Listen without judgment - to your child's fears, hopes, disappointments, and joys**
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