

THE Counseling CONNECTION

Tovashal Elementary

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

To all the strong, resilient, courageous Tigersharks,

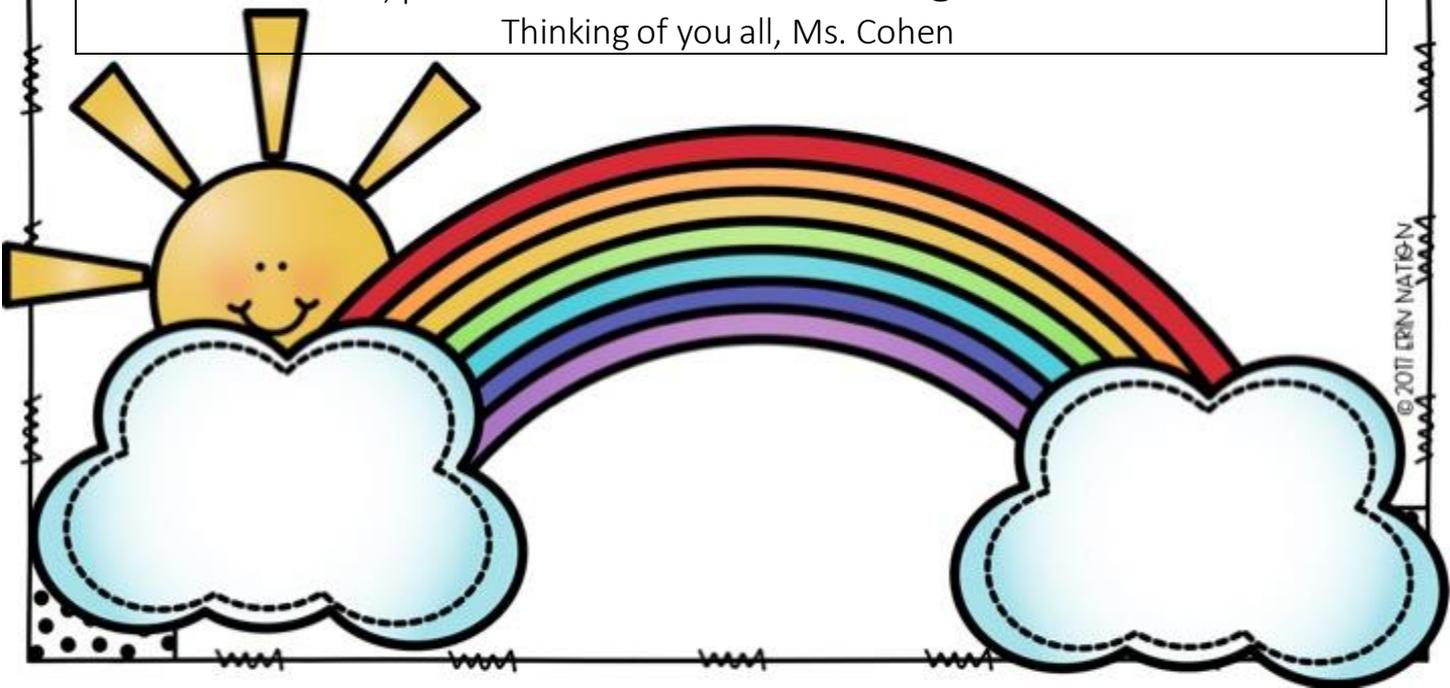
I wanted to reach out to you all and let you know I am missing you all so much! It's difficult not to see your bright smiles and I cannot wait until I get to see you all again. Because I want to continue connecting with Tigersharks during this time, I will be recording some videos that will be sent out to your parents. I can't wait for you all to get the chance to read my favorite children's book along with me, as well as other exciting books. We will get through this and I can't wait to see you again!

Missing you all, Ms. Cohen

To the strong, resilient, courageous parents,

This is an unprecedented experience for most of us. My hope for you is that you give yourself grace and patience. No one could have been prepared for a moment like this so try to not feel shame for allowing screen time, guilt for unhealthy snacks, or stress about routines and schedules. Please remember to take care of yourselves, as you deserve kindness and compassion during this stressful time. I have attached a 30-day emotional wellness calendar with some ideas of things you can do with your children, as well as some social emotional learning video clips. If you need to contact me, please reach out via email: acohen@murrieta.k12.ca.us

Thinking of you all, Ms. Cohen



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Social Emotional Learning Video Clip Resources

Sesame Street: Growth Mindset

<https://safeyoutube.net/w/9iae>

Sesame Street: Exploring Emotions

<https://sesamestreetincommunities.org/topics/emotions/>

Daniel Tiger: Anger

<https://pbskids.org/learn/lifes-little-lessons/mad-feelings/>

Daniel Tiger: Disappointment

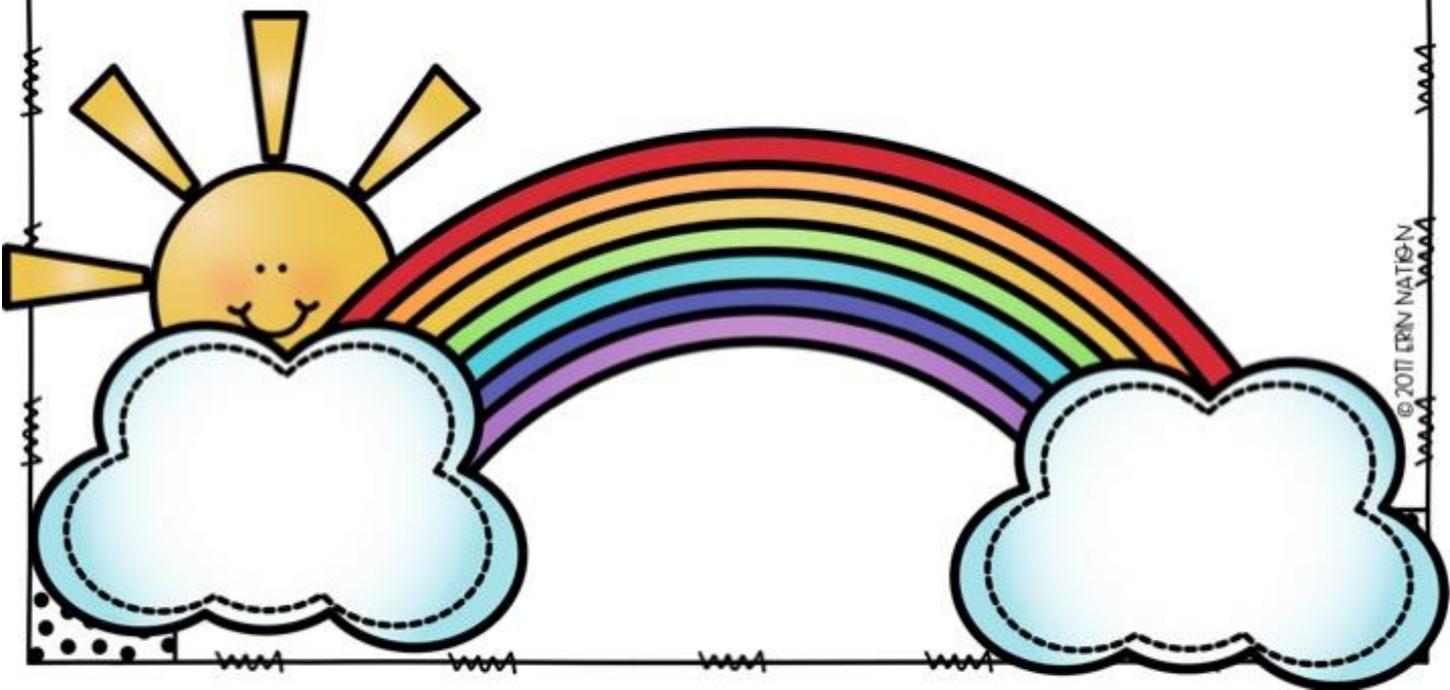
<https://pbskids.org/learn/lifes-little-lessons/disappointment/>

Daniel Tiger: Use Your Words

<https://pbskids.org/learn/lifes-little-lessons/use-your-words/>

Daniel Tiger: Sharing

<https://pbskids.org/learn/lifes-little-lessons/sharing/>



Social Emotional Learning

(WHILE YOU WATCH TV SHOWS AND MOVIES)

While it's important not to spend all day in front of the TV or a tablet, a little screentime isn't bad AND you can do some social emotional learning while you watch together! Here are some questions you can talk about:

What were some of the choices that the characters made?

How do the characters feel? How can you tell what their feelings are?

Which characters were friends? How did they show friendship to each other?

Did any of the characters get really upset? What did they do to take care of or cope with their feelings?

Did the characters change at all during it? How? Why do you think the change happened?

What would you do differently if you were one of the characters?



30 Days of Social-Emotional Wellbeing

Practice taking 3 belly breaths every hour. Keep a chart!	Name, write or draw as many emotions as you can think of	Play emotions charades with your family! Can they guess the emotion on your face?	Write a letter to encourage someone or tell them what you appreciate about them	Ask how you can help at home by doing 3 extra chores	Make a colorful poster about kindness
Make a list of ten ways we can be respectful to each other	Go outside and listen. Name 8 things you can hear!	Write a story about a character who has a superpower of COMPASSION	Make a tasty treat for your family!	See if you can be second ALL day, let others go first!	Read a book. What feelings did you notice as you read?
Write or draw what it means to be a good friend	Ask an adult about a career you are interested in	Write a script about kindness for your favorite toys to act out!	Draw a picture of yourself and write 3 things that you are good at	Make a list of 10 things you love about yourself	Practice sitting still and pay attention to what you hear and smell
Listen to some music and dance like no one is watching!	List 5 new activities you want to try...and do one of them!	Draw a picture of your future self in your future career	Make a list of things that help you calm down when you're angry	Write a note to someone you miss	Write about your hero
Clean up without being asked	Do some go noodle with your family! https://www.gonoodle.com/	Make a coupon book of helpful things you can do for a friend or family member	Give someone a true and kind compliment	With your loved ones, watch a movie you've never seen	Make a list of 30 things you are thankful for!

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

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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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