



# COUNSELING CONNECTION

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DECEMBER 2020

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## SUPPORT & LINKS

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December Holiday Library  
[Click Here](#)

Counseling Check-in Form  
[Click Here](#)

Free Mental Health  
Concierge  
[Click Here](#)

Resilience Tools for Parents  
[Click Here](#)

RUHS Parent Support &  
Training Program  
[Click Here](#)

SEL Lesson Links  
[Click Here](#)



## Friends & Family

After a very long 2020, with extended periods of time isolated, it is more important than ever to stay connected with friends and family. Our social connections are the threads that bind our communities together. By prioritizing human interactions and finding meaningful ways to connect during this time of physical distance and social isolation, we can support each other and our own health and well-being. The key is to make meaningful connections come to life.

### **Here are 5 ways to stay connected:**

1. Host a family video movie night and talk about it afterwards over a treat.
  2. Start a friends interactive Book Club meeting online once a week, with discussions.
  3. Plan safe, hanging out with neighbors in your driveway with dinner & games.
  4. Chalk the walk to leave messages for neighbors.
  5. Set up a virtual meeting with friends or family. Free programs like HouseParty make gathering online easy.
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# Cultural Awareness



Kwanzaa is an African American holiday which celebrates family, community and culture. It was created in 1966 by Dr. Maulana Karenga. Kwanzaa is a seven-day cultural festival, which begins December 26 and ends January 1. It joins communitarian values and practices of Continental African and African American culture.

During the holiday, families and communities organize activities around the Nguzo Saba (7 principles): Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work & Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity) and Imani (Faith). Participants also celebrate with feasts (karamu), music, dance, poetry, narratives and end the holiday with a day dedicated to reflection and recommitment to The Seven Principles and other central cultural values. ([www.OfficialKwanzaaWebsite.org](http://www.OfficialKwanzaaWebsite.org))

## SEL TOPIC



We are continuing our focus on emotion management. Digging deeper into managing strong feelings such as: frustration, anger, anxiety or disappointment, as it is especially challenging for children. This month the counselor is teaching specifically how to identify when one is having a strong feeling, what the feeling is and how to calm down with healthy tools.

## Coping Skill

**Mindfulness activity:** One way to detour worry and anxiety is to stay present. This mindful activity is called 5-4-3-2-1 and uses your 5 senses to reset your feelings. Begin by naming 5 things you see, then noticing 4 things you can feel, then 3 things you can hear, then 2 things you can smell and finally 1 thing you can taste. This simple skill helps reset your mind in present time.

## Winter Break Choice Board

Need some ideas for your winter break? Check out some ideas below! How many will you complete?

- |   |  |  |  |
|---|--|--|--|
| Try out a new recipe with a family member               | • Watch one of your favorite movies  | • Grow those muscles! Try a <u>workout video</u>   | • Go on an outdoor scavenger hunt. Find an item for every color of the rainbow |
| Take a virtual <u>Disney drawing class</u>              | • Draw a picture/write a letter for your teacher. Show them when we come back from break | • Have a picnic outside on your porch or backyard  | • Make a face mask with an adult's help ( <u>no sewing required!</u> )         |
| Make a card for a friend that you really miss           | • Have a pajama movie night  | • Create some goals for the new year               | • You're the DJ! Have a dance party  |
| <u>Learn how to say hello in 15 different languages</u> | • Look at old family photos and reminisce with your family                               | • Have an indoor or outdoor <u>obstacle course</u> | • Tell someone you love that you're thankful for them                          |

**Need some ideas for your winter break? Check out our winter break choice board! Click on the image to enlarge it!**