

COUNSELING LESSONS AND ACTIVITIES FOR DISTANCE LEARNING WEEK 2 SEL CHOICE BOARD

As you continue your distance learning, be sure to take time to continue building Social Emotional Learning skills. Try to participate in as many squares as possible from this choice board this week!

<p style="text-align: center;"><u>Family Time</u></p> <p>Spend time with family by playing a board game, cooking a recipe, or/and eating all together at the dinner table. Do all three for even more fun! Conversation and having fun together is key!</p>	<p style="text-align: center;"><u>I'll Be there for you!</u></p> <p>Take time to help a family member. Help with the yard, cook a meal, clean up afterward, clean a room or two, or even assist in watching a younger sibling. Be that role model!</p>	<p style="text-align: center;"><u>Mindfulness/Breathe</u></p> <p>Smell the flowers! (Breathe in), hold 3-5 seconds, Blow out the candle (Breathe out), hold 3-5 seconds, Repeat several times. Get comfortable in a quiet place. Feel your breath and state positive messages in your mind.</p>
<p style="text-align: center;"><u>Normalize Anxiety</u></p> <p>It is normal to feel anxious, scared, or angry on how the Corona virus is affecting our lives. Acknowledge these feelings and talk to a trusted adult. Talking about these concerns is helpful in maintaining positive mental health.</p>	<p style="text-align: center;"><u>Let's Get Physical</u></p> <p>Take the time to be active every day for 30 minutes. Go outside to ride a bike, walk, run, or play catch, etc.. Did you know that 30 minutes of day outside in the sun provides a day's worth of Vitamin D which can increase your mood and decrease depression and anxiety.</p>	<p style="text-align: center;"><u>Virtual Party</u></p> <p>Send an invite to your friends and have a virtual chat/party. Bring your favorite food with you. Discuss your favorites such as food, restaurant, music, shows, hobbies, hopes or dreams. Agree to talk about anything but the Corona Virus. THIS WILL PASS!</p>
<p style="text-align: center;"><u>When I Grow Up</u></p> <p>Take college tours, career technology options, or military virtually online that may be of interest to you. Share with your counselor what you learned! We want to know!</p>	<p style="text-align: center;"><u>Restrict Your Media</u></p> <p>It is important to stay informed and get factual information. Diversify what you watch and listen to at this time. Too much attention to the Corona virus may increase your stress level and anxiety. Take breaks from your social media accounts too!</p>	<p style="text-align: center;"><u>Awaken Your Interests</u></p> <p>Use this opportunity to try something new like learning to ride a bike, cook/bake, plant flowers/herbs/plants, or coloring/drawing, or create anything that matters to you. Research the area of interest.</p>
<p style="text-align: center;"><u>To Do Lists</u></p> <p>Create or revisit your "to do" list and get busy! Deep clean your room, organize your closet or drawers, or take on a home project as a family.</p>	<p style="text-align: center;"><u>Music is Power</u></p> <p>Listen to music that speaks to you for joy and comfort. Not only listen to it but share with others. Find music you do not normally listen to such as spa or calming music. Find music that is uplifting and makes you feel inspired to get moving.</p>	<p style="text-align: center;"><u>Mirror, Mirror, On The Wall</u></p> <p>Get up, get dressed, and go about your routine as much as you can safely do. Get at least 6-8 hours of sleep. Select healthy things to eat and drink. You create your day! You got this!</p>