

## School Counselor At Home Learning

May 8, 2020

### Topic: Self-Awareness – create a collage with words or pictures

1. With your child, brainstorm different information that students can include in their collages with these questions:
  - What activities do you do in your free time?
  - What games or sports do you like to play?
  - What music do you like?
  - What's your favorite food?
  - What do you like to learn about at school?
  - What are you really good at?
  - Who are your friends?
  - Do you have any pets?
  - What do you want to do when you grow up?
  - Do you have any brothers or sisters?
2. Once they have reflected on their interests, strengths, experiences, and relationships, there are endless ways to approach creating a collage. You could ask your child to draw a picture of themselves and write their name in the center.
3. After the collages are complete, each child can explain his or her collage and maybe share with their class during an online meeting. Ask children to point out examples of similarities and differences in their collages. Explain that it's important to respect people's differences—it's what makes them unique—and ask for examples of how to be respectful.

This is a great activity for children and adults of all ages. It is an opportunity for self-awareness and noticing things that are our passion and that we are good at. Hopefully these can transfer into things that we can get paid to do in later life.

Adapted from Xello.World career exploration and planning website.

Speaking of Career Exploration and Planning, the Eau Claire Area School District utilizes Xello for grades 3 through 12. It is not required for our 3<sup>rd</sup> through 5<sup>th</sup> Grade students to access these materials this year, but I would encourage students to spend some time in Xello exploring and learning. I will be posting information to access on the grade level Canvas pages you can access through these links.

- 3<sup>rd</sup> Grade <https://ecasd.instructure.com/courses/34411>
- 4<sup>th</sup> Grade <https://ecasd.instructure.com/courses/34416>
- 5<sup>th</sup> Grade <https://ecasd.instructure.com/courses/34417>

### Time for a Break Activities:

1. **BLOSSOM:** Go outside and notice blossoms, not just flowers, also notice bushes and trees. I noticed a pine tree 'flower' this week.
2. **TIME TO GET DIRTY:** Dig in some dirt, leaves, under rocks and notice what you see. I found a worm in a flowerpot that had been in the garage all winter.
3. **WHY YOUR NAME:** Talk as a family about why everyone has the name they have and where did it come from.
4. **BALLOON PASS:** Start with one balloon and work together keep it from touching the ground, then add more balloons, see how many you add and keep them all in the air.

Students and Parents can also contact me through the following Google form.

<https://forms.gle/bCqT7EX4nAqwA4gx6>