

School Counselor At Home Learning

April 24, 2020

Topic: Change

During the past month we have all had to deal with and go through a lot of change. Much more than we probably ever expected to have happen. One of my favorite sayings has been, 'the one constant in life is change'. I know that sounds like a contradiction but now more than ever it is true. What can be done to manage change?

1. Breathing; Stop – Calm down. Is it a big or small change?
2. Ask questions about the change. What can I control?
3. Talk about how you are feeling about the change. Adults and children all need the chance to talk things out. I am grateful to the children and adults who have contacted me looking for ways to manage.
 - a. What can I do right now. Set up new schedules and routines.
 - b. What else needs to be done. Make a list and plan for each part.
 - c. If I need help, who can help. Parent, teacher, siblings, friends.

Possible questions to ask yourself and your family:

How does this change make you feel?

How have been some of the changes made you feel better?

Weekly Challenge:

Check in with a friend, neighbor, or someone in your family you don't live with to see how they are doing.

Remember: Together we can and will get through this time of change together.

Time for a Break Activities:

1. **GROW TOGETHER:** Start a garden or flower bed, or just a planter in the window.
2. **ANIMAL WALK:** Take turns naming different animals and then everyone walk like that animal
3. **RHYME TIME:** Start with a word and see how many rhyming words you can think of.
4. **MINDFUL LISTENING:** Turn off all electronics and stop and listen. Share what you hear.

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

<https://forms.gle/bCqT7EX4nAqwA4gx6>