

## School Counselor At Home Learning information for students and parents

April 13, 2020

As we move into what is apparently an unknown period of time for At Home Learning, here are a few tips for you and your family.

1. Set up and continue some schedule and routine
2. Learning can and should occur continually throughout the day, but does not have to be 'School Work'.
3. Cooking, cleaning, crafting, creating, and most important conversation, are all forms of learning.
4. You are all going to get on each other's nerves and at times make each other crazy. This is the perfect time to share ideas and strategies from problem solving and self-control.
  - a. Stop – calm down, take a deep breath, count to 10, take a break
  - b. Talk – listen to each other without interrupting
  - c. Think – brainstorm ideas to solve the problem, 'Share, take turns, find another activity to do'
  - d. Try – one of the ideas, if it doesn't work, try something else
5. Time for a break, here are some activities you can choose throughout the week.
  - a. CHANGE THE BEAT: One person begins by creating a beat, using only his or her body. Everyone follows for five repetitions, then the next person in the circle changes the beat and/or sound, leading the group for the next five repetitions. Continue until everyone has a turn.
  - b. HOLD THAT POSE: One student starts as "it" and calls freeze for everyone else to act like statues. The person who is "it" tries to make the statues break out of character and laugh. The first to laugh becomes "it" for the next round.
  - c. COPY CAT: Take turns creating a pattern of movements for your buddy to repeat (e.g., jump, wiggle, clap).
  - d. SKETCH IT OUT: Describe a special place (e.g., your room, neighborhood park, house) for your buddy to sketch based only on your verbal description. No peeking until the end! Materials: Paper and pencils
  - e. Conversation starters for everyone to participate in:
    - i. When you are feeling sad, what do you do to feel better?
    - ii. Which qualities make a good friend?
6. I have set up a Canvas module that 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> grade students can access from their iPads. If they haven't yet, I would like them to so they can begin interacting with each other and contact me.

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

<https://forms.gle/bCqT7EX4nAqwA4gx6>