

School Counselor At Home Learning

April 17, 2020

Topic: Positive Self Talk & Kindness

Having a positive attitude is an important character trait to have. Thinking positively can be VERY hard to do sometimes, but when we think positively, we feel better about ourselves. Especially during these times, it might be harder or not?

Prepare a blank piece of paper and coloring supplies. Draw a picture of yourself and write down three positive things about yourself on the paper. Once finished, ask family members at home to write two positive things on your portrait. Once all family members have had a chance to write something positive on your portrait, share together as a family by reading all the positive comments together.

Possible questions to ask yourself and your family:

How did this make you feel?

Were there some comments that you never thought of before?

Weekly Challenge:

Give one compliment to each family member and tell them why you appreciate them.

Remember: "Thinking positively about ourselves and others is something that is very important. When we think positively, it makes us feel better about ourselves and it helps others as well.

Time for a Break Activities:

1. **BUILD IT TOGETHER** Build a tower with someone in your family. Use books, blocks, sticks, stones, playing cards, Legos, anything you have handy.
2. **TRUST WALK** Verbally guide another member of your family across the room while he or she is blindfolded or has his or her eyes closed, then switch turns.
3. **BIRD TALK:** Go outside in your neighborhood or to a park and Stop, Close your eyes, and Listen. Notice the different bird calls you hear. Can you identify the different bird songs?
4. **MINDFUL EATING:** At a meal this week, to slow down and notice your food use your non-dominant hand to eat with the spoon or fork. If you are right-handed use your left hand. Notice the smell of the food, notice the color, notice the texture and flavors that blend together. Think about where the food came from, who grew the food, say "thank you" for the food.

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

<https://forms.gle/bCqT7EX4nAqwA4gx6>

