

School Counselor Summer Activities and Resources

June 4, 2020

Topic: Social-Emotional Well Being

During the past several weeks and months, all of our lives were changed in ways we could never have imagined. In spite of that, I am amazed at the amount of resolve and resiliency shown by educators, students, and especially parents. We all went from structure, routine, and daily schedules and expectations to a lot of uncertainty. What we all probably learned is we needed to establish some new and different structure and routine. Though I will confess, shaving became a rather intermittent expectation and routine for me.

As we enter the Summer months, providing some form of structure, expectations, and routine will be important. Continue to read, learn, and explore in new and unexpected ways. What will also be important is Social-Emotional Learning for the children and adults. Here are 5 strategies that can help with your own Social-Emotional state and help your children as well.

- 1: Practice Recognizing Emotions: notice and observe your emotional responses. Just be aware of your feelings, and with your child when they have strong feelings, help them be able to identify and name those feelings.
- 2: Notice Physical Responses: Recognize how your body experiences emotions. Notice where in your bodies the feelings manifest. Does your face flush, your fists clench, your jaw tighten, your stomach churn, do you feel your legs tremble, or your head hurt, these are the signals your body sends when you have strong feelings.
- 3: Get Curious: After you've started noticing and naming your emotions, get curious about them, investigate and explore when you experience certain feelings. Is it when you are with a certain person, trying something new, not understanding how to do something, or why someone else did what they did.
- 4: Observe Your Emotions: We are not our emotions. If we can practice observing them -- seeing ourselves experience emotions from 10,000 feet above earth -- we are more likely to make decisions that don't emerge from them. We might notice that sometimes they're powerful and gripping, and sometimes they're lighter and less sticky.
- 5: Notice the Impact of Your Emotions on Others: Without getting into self-judgment, start noticing how your emotional states impact others. The key is to think like a scientist and make comments to yourself such as, "Oh, that's interesting! I never noticed that.

Adapted from: <https://www.edutopia.org/blog/five-social-emotional-learning-lessons-for-adults-elena-aguilar>

This School Year the Elementary School Counselors of the ECASD began utilizing a Social Emotional Curriculum from Sanford Harmony. They have in the past couple months developed apps and resources for families. Many of the Conversation Starters and activities I have shared recently were adapted from these materials. Here are links to some of those resources.

Sanford Harmony Game Room app

[App Store](#)

[GooglePlay Store](#)

Family and parent resources:

[Harmony at Home toolkit](#)

During the summer if you or your family needs some information or assistance, please use the below form to contact me. I will try to respond within 2-3 days. Students and Parents can also contact me through the following Google form.

<https://forms.gle/bCqT7EX4nAqwA4gx6>