

Schools Out Resources From your School Counselor

Mindfulness resources/activities

I will update frequently with some mindfulness activities and scripts.

Star Breathing

Open hand and spread fingers

With pointer finger of other hand trace up thumb - breath in, down the thumb – breathe out

Do the same with each finger

Nature walks

[Coloring Mandalas](#)

[Class Dojo](#)

[GoNoodle](#)

Coping skills

Set up a schedule

Maintain routines

Exercise

Walk the dog

Play in yard

Crafts/art activities

Learn a new yard game/activity i.e. Kubb - Geocaching

Identify emotions/characters in stories

While reading together discuss the characters feelings, and what is it like to feel that way.

Problem solving strategies

Discuss conflicts in stories and strategies to solve the problems.

Stop Calm Down

Talk Use “I Feel . “. “Listen to the other person

Think Brainstorm ideas

Try an idea and if it doesn’t work try another idea

Counselor availability

Please email me at rrichter@ecasd.us

or call my office number and leave a message on my line at 715-852-4003

I will try to respond within 24 hours, please leave contact information for me to respond to you.