

# Counselor - Home Activities

Week of March 16-20

Use this choice board as a BINGO game - Complete 5 in a row  
Parents- Page 2 of this document includes resources for you!

<p><a href="#">Student Read Aloud- The Yucky Virus</a></p>	<p>Make a ♥ map. Draw a big heart on a piece of paper. Inside the heart draw/write things that you love. Color!</p>	<p><a href="#">Student Activity- Managing Worry Video</a></p>	<p><a href="#">Student Video on Peace</a></p>	<p>Write someone a kind note.</p>
<p>Do something kind for someone in your family.</p>	<p>Make up a song that you can sing while washing your hands.</p>	<p><a href="#">Student Activity- Focused Breathing</a></p>	<p><a href="#">Squish the Fish- A Cosmic Yoga Adventure</a></p>	<p><a href="#">Student Video- Unwind</a></p>
<p><a href="#">Video Book on Integrity- Ruthie and The Not So Teeny Tiny Lie</a></p>	<p>Practice sitting still for 2 minutes. Notice what sounds you hear.</p>	<p><b>Free Space</b></p> 	<p>Do an extra chore.</p>	<p><a href="#">Myth Busting the coronavirus</a></p>
<p>List 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste.</p>	<p>List some ways you can demonstrate integrity at home.</p>	<p>Make a list of 8 ways you can help your community.</p>	<p>Tell or draw about a time you felt happy.</p>	<p>With a family member, play your favorite song and dance to it.</p>
<p><a href="#">Student Video- A Germ Fighting Superhero</a></p>	<p>Draw a comic strip about why it is important to wash your hands.</p>	<p><a href="#">Student Read Aloud- What to do with a problem</a></p>	<p>Practice sitting for 2 minutes. What do you see? Name 3 things. Really look at these things, their colors, shapes, size, lines, and movements. Breath in and out as you observe.</p>	<p><a href="#">Video on Integrity (This week's Character Education lesson)</a></p>

# Parent Resources

These are resources you may find useful during this quarantine.

<p><a href="#">Parent Article- Talking to your kids about Coronavirus</a></p>	<p><b>1-866-577-3836 Suicide Hotline</b></p> <p><b>1-888-563-6904 STOP Domestic Violence</b></p> <p><b>211 Info On Health &amp; Human Services in Clinton County</b></p> <p><b>1-877-212-2323 Sexual Assault Services Hotline</b></p>	<p><b>Students who currently receive FREE or Reduced meals through Chartwells food service can expect this service to be continued throughout the school closure.</b></p> <p>More information to follow.</p>
<p><a href="#">Know the Facts about Coronavirus</a></p>	<p><a href="#">Children and the Coronavirus</a></p>	<p><a href="#">Parent Article- Child Anxiety and COVID 19</a></p>
<p><a href="#">Parent Article- Coping with Stress during an outbreak</a></p>	<p><a href="#">Parenting amid COVID</a></p>	<p>Clinton County Health Department <a href="http://www.clintonhealth.org/#xl_xr_page_home">http://www.clintonhealth.org/#xl_xr_page_home</a></p>
<p><a href="#">Parent Article- Mental health and COVID-19</a></p>	<p><a href="#">Internet for low-income students</a></p>	<p>Clinton County Department Directory <a href="https://www.clintoncountygov.com/departmentlisting">https://www.clintoncountygov.com/departmentlisting</a></p>
<p><a href="#">Family Quarantine Tips</a></p>	<p><a href="#">Parent Article- How to Talk to Your Kids about Coronavirus</a></p>	<p>From ABC to ACT, Free Educational Websites for Kids <a href="https://fromabcstoacts.com/45-free-educational-websites-for-kids/">https://fromabcstoacts.com/45-free-educational-websites-for-kids/</a></p>
<p><a href="#">Parent Article- The Ultimate Kids' Guide to the New CoronaVirus</a></p>	<p><a href="#">Steps to take to clean your house in the wake of COVID-19</a></p>	<p>Email your counselors Mooers Elementary <a href="mailto:efleury@nccscougar.org">efleury@nccscougar.org</a></p> <p>Rouses Point Elementary <a href="mailto:woconnell@nccscougar.org">woconnell@nccscougar.org</a></p>