



SCHOOL COUNSELOR'S MESSAGE

Week of April 20th - 24th

Message & Activities: [Spanish](#) and [Vietnamese](#)

Dear Students and Families,

As I'm sure you've heard by now, we all won't be coming back to Bryn Mawr in person for the rest of this school year. I'm really sad that I won't get to see you around and check in with you in person like we used to do. However, we're working hard to make sure you still have some connections to Bryn Mawr, because the school year has not ended, it has just changed. Change is something that will always happen, like the seasons turning from winter to spring each year. What we can work to control is how we react and respond to these changes. This week's activities are meant to focus on noticing change and talking about and practicing the ways we can respond to it. How are you responding to this change in the school year?

Also know that I am available to check in with you or your family by phone, just fill out my [check-in form](#). Your family may also email me or call me on my google voice number, both found below.

Kindly,

Lucero Alegre, School Counselor

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Google voice number (can receive calls or texts) 425-272-5708

<http://msalegrecounseling.weebly.com/>

COUNSELING, SOCIAL EMOTIONAL LEARNING ACTIVITIES
 Week of April 20th-24th

<u>SUBJECT</u>	<u>ACTIVITY</u>
FAMILY ACTIVITY	<p style="text-align: center;">Why am I having such strong feelings with this Pandemic?</p> <p>As hard as we may try, we can't avoid what is happening all over the world. At first, Covid 19 seemed like a distant problem, but now we have all been affected. We now know that this isn't a sprint, but rather a marathon.</p> <p>In school, we teach children math, reading and writing, but social emotional learning holds as much importance when we are working to become productive and giving human beings. The Renton School District is integrating these very important skills throughout the school day. This week's message is about self-awareness. It is important to understand ourselves before we can understand and give to others.</p> <p>Grief is a natural response to the losses we experience. This loss can feel overwhelming. We feel the world has changed, and it has. You may experience all kinds of difficult and unexpected emotions, from anger to shock, guilt, and sadness. We know this is temporary, but it doesn't feel that way. This can affect your health, making it difficult to sleep, eat, or even think clearly. These are normal reactions, and you can have a wide range of feelings. All feelings are O.K.</p> <p>We have a "new normal"; worries about finances and less connection with others. We are experiencing this grief together. You or someone you know may be going through these stages of grief. Understanding the stages of grief is a start.</p> <p>Stages of Grief, as identified by Elisabeth Kubler-Ross:</p> <ul style="list-style-type: none"> ● Denial <i>This virus won't affect us.</i> ● Anger <i>You're making me stay home and taking away my activities.</i> ● Bargaining <i>Okay, if I social distance for two weeks everything will be better, right?</i> ● Sadness <i>I don't know when this will end.</i> ● Acceptance <i>This is happening; I have to figure out how to proceed.</i> <p>Acceptance is where the power lies. We feel more empowered when we focus on the things that are within our control.</p> <ul style="list-style-type: none"> ● <i>I can wash my hands.</i> ● <i>I can keep a safe distance.</i> ● <i>I can learn how to work virtually.</i> ● <i>I can journal.</i> ● <i>I can stay socially connected.</i> ● <i>I can take a walk in my neighborhood.</i> <p>If we're feeling overwhelmed with grief, there is something powerful about naming it. It helps us feel what's inside of us and helps us acknowledge what we're going through. It is O.K. to feel your sadness, fear and anger. If we allow the feelings to happen, it empowers</p>

us. Once we practice self-awareness, we become more aware of other's needs. Please see the info-graphic below for further tips.

Please check out this video for more information on coping with Covid-19:
<https://www.youtube.com/watch?v=fcBTBSrAg-8>

5 COVID-19 PARENTING Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone
Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break
We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids
Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.

Take a Pause
1-minute relaxation activity that you can do whenever you are feeling stressed or worried

Step 1: Set up

- Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
- Close your eyes if you feel comfortable.

Step 2: Think, feel, body

- Ask yourself, "What am I thinking now?"
- Notice your thoughts. Notice if they are negative or positive.
- Notice how you feel emotionally. Notice if your feelings are happy or not.
- Notice how your body feels. Notice anything that hurts or is tense.

Step 3: Focus on your breath

- Listen to your breath as it goes in and out.
- You can put a hand on your stomach and feel it rise and fall with each breath.
- You may want to say to yourself "It's okay. Whatever it is, I am okay."
- Then just listen to your breath for a while.

Step 4: Coming back

- Notice how your whole body feels.
- Listen to the sounds in the room.

Step 5: Reflecting

- Think "do I feel different at all?"
- When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

- Parenting tips from WHO
- Parenting tips from UNICEF
- In worldwide languages
- EVIDENCE-BASE

World Health Organization | unicef for every child | End Violence Against Children | INTERNET 4 GOOD THINGS | USAID | CDC

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https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706_6

**COUNSELING
SOCIAL /
EMOTIONAL
ACTIVITY
FOR
3rd, 4th, & 5th
GRADE**



How to feel less out-of-control when facing the unknown.

3 questions to help you stay grounded:

1. What am I feeling?
2. What options do I have?
3. What really matters?

While we cannot control the pandemic and all that it brings, we CAN control who we are and what we stand for. We can control how we support and listen to the people around us.

THE POWER OF NAMING FEELINGS

Research on anxiety reveals a crucial lesson on uncertainty: Name it to tame it. When we push away or ignore feelings, we don't solve our problems. So, as you're grappling with one of the world's biggest challenges if you're feeling big emotions (or those around you are) just recognize it. Your feelings are a message and they are trying to help you cope. Keep asking, "What else am I feeling?"

A short video on emotional intelligence and naming our feelings:

- [Name Feelings Video](#)

Some quick videos on breathing exercises to help you manage your feelings:

- [3 minute breathing video](#)
- [1 minute breathing video](#)