

Bryn Mawr Elementary School



SCHOOL COUNSELOR'S MESSAGE

Week of March 30th-April 3rd

Message & Activities: Spanish and Vietnamese

Dear Families,

The Coronavirus (COVID-19) brings with it feelings of anxiety, stress, disappointment, and uncertainty. These feelings may be especially strong in children of all ages. Though all children deal with strong emotions in different ways, if your child has been faced with school closures, cancelled events or separation from friends, they are going to need to feel loved and supported now more than ever.


Many of our elementary schools have been using Social Emotional Learning curriculum to teach students specific skills for calming down those strong feelings. Over the next weeks, we'll be sharing some ways that parents can help create a sense of calmness and normalcy at home. We'll also be sharing things that parents can do to help their children navigate "the new (temporary) normal." It all begins with self-care. When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury, it's essential. During this difficult time when children are home and stress is running high, self-care is now more important than ever. Remember to spend time with your family. Consider taking a walk outside to notice the new springtime growth on plants and trees, listen to birds chirping and notice the skies are quiet and less crowded with airplanes. We've seen structure and routines provide a sense of stability for students at school. If possible, add some kind of self-care and fresh air routine into the structure of your day at home with students.

Although we aren't at school, we are still thinking about you. If you have questions or concerns, you may reach me by email or phone both found below.

Thank you,

Lucero Alegre, School Counselor
Lucero.alegre@rentonschools.us
425-204-4165

COUNSELING, SOCIAL / EMOTIONAL ACTIVITIES
 Week of March 30th-April 3rd

<u>SUBJECT</u>	<u>ACTIVITY</u>
<p align="center">FAMILY ACTIVITY</p>	<div data-bbox="386 409 1437 1417" style="background-color: #4a86e8; border-radius: 25px; padding: 20px; margin: 10px;"> <p>Take Care of Yourself</p> <p>It can be hard to find the time or energy for self-care during a crisis, but it's important that you take care of yourself first so you're able to support your students. Finding ways to take care of yourself and manage your own emotions first is akin to adults putting on their oxygen masks before helping children with theirs. Here are some self-care strategies:</p> <ul style="list-style-type: none"> Take time each day to notice what you're feeling and use an emotion-management strategy to find calm. Check in on your self-talk and reframe the situation in positive ways as best you can. Identify and reach out to people who can provide you with support. Connect with them on a regular basis. <p>Stay Connected</p> <p>With schools closed, and our current orders to stay home, try to find ways to connect with your friends, family, and colleagues. These connections will help you maintain your own social-emotional health.</p> </div> <div data-bbox="470 1354 998 1564" style="text-align: center; margin-top: 10px;">  </div>
<p>COUNSELING SOCIAL / EMOTIONAL ACTIVITY</p>	<p>The Yucky Bug by Julia Cook Watch the Yucky Bug with your kids, YouTube Video.</p> <p>Discussion Questions:</p> <ol style="list-style-type: none"> 1. What are the Magic 5? Pick one and Re-teach it to a Family Member. 2. What are different ways you and your family are staying safe? 3. When you're feeling scared like Junior, what can you do to feel better?

4. What do you like about staying home and healthy? What do you not like?
5. What are some fun activities you have been able to enjoy while avoiding the Yucky Bug?

Follow Through Activities:

Think about someone you wish you could visit. Write them an email or letter and mail it to them.

Make a list of all the ways you are “strong” (i.e. I am kind to others; I am a great soccer player; I am an amazing dancer)

Additional Family Resource:

<https://www.juliacookonline.com/assets/uploads/2020/03/Yucky-Bug.pdf>