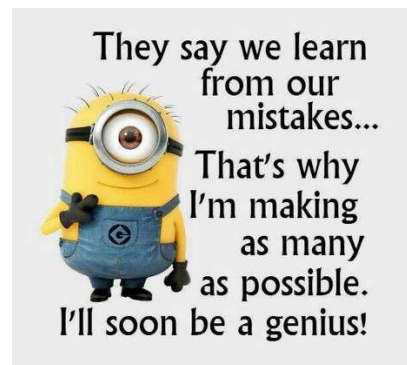


## A Word from the Counselors

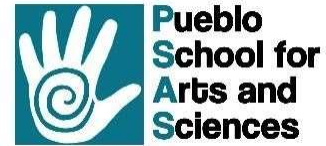
### Hello Spirals!

We hope you are staying healthy and safe. Since the last newsletter we have had our first complete week of distance learning and the Easter Holiday. We have learned so many new things that our heads are spinning, and we imagine it has been the same for all of you. We want to take this time to remind you of the importance of taking breaks, being patient with yourself and others, and remembering that every mistake is an opportunity for learning.



Moving forward we will be presenting social-emotional lessons designed to help our families improve educational outcomes, become emotionally mature adults and cope with life events, including the one we currently face. We will learn to identify our feelings, calm down our anger, and manage our worry with skills that will become lifelong habits!

One such skill is finding gratitude. Research has found that keeping a gratitude journal in which we write one thing we are grateful for every day can change the way our brains process tough situations. It can help us to become more positive and to realize that we have more to be thankful for than we might have



### Counselor Hours

**M-Th 9-11 and**

**1:30-3:30**

**Tina Gurule –**

**tgurule@psas.ws**

**Lauren Korinek –**

**lkorinek@psas.ws**

thought. Give it a try and see how it works out for you!

### Connection Corner

Some good things have come out of a bad situation!



Messages, like the one above, have popped up around town. Another said Save a Nurse, Stay Home! What would your sign say?

## A Word from the Counselors

### Mental Health Resources

Here are a few resources we thought would be helpful to parents and students.

Use this time to slow down, breathe, reconnect with your family and re-prioritize what is important in your life.

Here are some resources to help students outside of school. These will also support families stay connected and/or reconnect

### Staying Connected While Distancing

Staying connected is important for our mental health and well-being.

#### [Free Social Connections](#)

This link has links to various apps such as Facebook and Skype, but also Google Hangouts, Zoom, Netflix Parties, and Houseparty. There is also a virtual reality option for social gaming. (Another idea that are not listed above includes WhatsApp)

#### [Free entertainment options](#)

### Talking to children

#### [Advice for talking to children](#)

### Coping and Self-Care

<https://www.sciencenewsforstudents.org/article/how-to-deal-as-covid-19-imposes-social-distancing>

#### [Breathing Techniques](#)

#### [Mindfulness Techniques](#) (video)

<https://www.youtube.com/watch?v=w0iVTQS8ftg> (video)

#### [20 Ideas for Physical and Mental Health](#) (video)

#### [TEDX Teenage Perspective of Emotional Intelligence](#)

WARNING! Does discuss suicide.  
[Meditation apps for kids](#)

### Activites

#### [Activities for hyperactive students](#)

#### [Growth mindset activities](#)