

# E-COUNSELING CENTER PLAYLIST

Ms. Rodriguez

Week of October 5th-9th, 2020

Kindness  
is  
Magic



## KINDNESS POWER



### Superheroes w/ Ms. Rodriguez

Superheroes save the day and are KIND. Let's use our superpowers to be kind today! What other superpower do you have? Be YOU and show your moves today and draw your costume!

Watch: [Let's be Superheroes!](#)

Try: [I am a Superhero Activity](#)

## CAREGIVER RESOURCE

### Little Children Big Challenges

*I have shared a link to Committee for Children website. This provides tips and strategies and can help adults and children navigate challenges and build lifelong skills for resilience.*

[Sesame Street-Little Children Big Challenges](#)

***We are so Grateful for You!***



*If you need to talk to a School Counselor, please email your school's School Counselor or fill out the [Help Slip](#) .*

*We are here to help!*

*#youbelong*