

SCHOOL COUNSELOR

E - LEARNING PLAYLIST

Ms. Yetter

Week of May 11 - May 15, 2020

Virtual Counseling Office

AIR HUGS!



[New Video Message from Ms. Yetter](#)

Daily Office Hours (Monday - Friday): 10:00am - 11:00am

If you need me, email me: yettera@cajonvalley.net

Visit the Virtual Calm Corner:

Rios → <http://bit.ly/riosvpc>

MONDAY



**Mindful
Monday**

A great way to practice mindfulness is through “grounding.” Grounding helps us stay in the moment when things may be stressful or busy around us. It is a quick and simple practice that I would like you to try every day this week. Let’s try it together.

[Grounding with Ms. Yetter](#)

<p>TUESDAY</p>	 <p>Storytime Tuesday</p>	<p>It is okay to have ANY feeling. Just like the monkey in the story below, I feel grumpy sometimes because I miss seeing all of you! That is okay...but I don't want to stay stuck feeling that way all day. Listen to the story below and then brainstorm ways to get unstuck when you are feeling grumpy. Click on the Flipgrid and tell me: ONE thing that has made you grumpy recently and TWO things that help to make you feel happy and calm.</p> <p style="text-align: center;">Grumpy Monkey Video</p> <p style="text-align: center;">Flip Grid</p>
<p>WEDNESDAY</p>	 <p>Worry Warrior Wednesday</p>	<p>Managing your feelings and thinking about what you are going to do before you do it can help you manage your worries better. Let's watch how the Cookie Monster practices Self Regulation!</p> <p style="text-align: center;">Cookie Monster Video</p> <p style="text-align: center;">Cookie Monster Handout</p>
<p>THURSDAY</p>	 <p>Feelings Check Thursday</p>	<p>We all miss you so much! How are you feeling? Fill out the form below & tell me your "High, Low, Buffalo" of the week.</p> <p style="text-align: center;">HIGH: Share something that has been fun or exciting this week.</p> <p>LOW: Share something that has made you feel sad, mad or bored this week.</p> <p style="text-align: center;">BUFFALO: Share anything random! Favorite movie, color, video game or anything you would like to share.</p> <p style="text-align: center;">GOOGLE FORM</p>
<p>FRIDAY</p>	 <p>Dance Party Friday</p>	<p>It's DANCE PARTY FRIDAY! Click on the Flipgrid below and add your dance moves to the Rios dance party! You may see your teacher dancing, too!!!</p> <p style="text-align: center;">DANCE PARTY FLIPGRID!</p>



If you want to set up a Zoom meeting or Google Hangout, email me at yettera@cajonvalley.net or fill out a [Help Slip](#), I would love to see you!

If you are having a mental health or life-threatening emergency, call 911 or go to the nearest hospital. Talk to a trusted adult or call the Crisis and Access Hotline (888) 724-7240 if you are not able to wait 24 hours before I can respond.