

SCHOOL COUNSELOR

E - LEARNING PLAYLIST

Ms. Yetter

Week of May 18 - May 22, 2020

Virtual Counseling Office

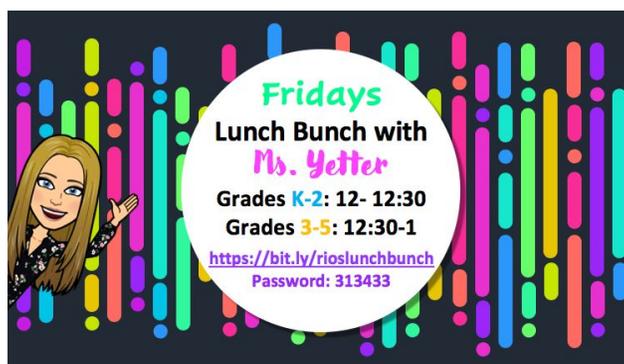
AIR HUGS!



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

Office Hours (Tuesday & Thursday): 9:30am - 10:30am

[Zoom Link: https://bit.ly/rioshelp](https://bit.ly/rioshelp)



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

Visit the Virtual Calm Corner:
Rios → <http://bit.ly/riosvpc>

MONDAY



Mindful Monday

When we're feeling grateful, our body calms down and we feel at peace in all areas of our lives. Let's practice being GRATEFUL today by completing a Gratitude Scavenger Hunt!

Walk around your house and find **10** things you are grateful for. Then explain why you are grateful for them to a family member.

[Watch Ms. Yetter's Gratitude Scavenger Hunt](#)

[Optional: Record your Gratitude Scavenger Hunt on Flipgrid!](#)

TUESDAY



Storytime Tuesday

Your "puppy mind" is a mind that wanders into the past or the future. Just like you can train a puppy, you can train your mind! Readers will learn to train their mind to stay in the present through deep breathing exercises.

[Puppy Mind Read Aloud](#)

[Record 3 Ways You Can Train Your "Puppy Mind" on Flipgrid](#)

WEDNESDAY



Worry Warrior Wednesday

Sometimes we need to help soothe ourselves, calm down, take deep breaths, and work through our emotions & worries. A Calm Down Bottle will help you refocus and promote a feeling of calm and peace.

Make your own calm down bottle using a water bottle, glitter, and soap!

[Watch How To Make A Calm Down Bottle Here](#)

THURSDAY



Feelings Check Thursday

We all miss you so much! How are you feeling? Fill out the form below & tell me your "High, Low, Buffalo" of the week.

HIGH: Share something that has been fun or exciting this week.

LOW: Share something that has made you feel sad, mad or bored this week.

BUFFALO: Share anything random! Favorite movie, color, video game or anything you would like to share.

[GOOGLE FORM](#)

FRIDAY



Dance Party Friday

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!!!

[DANCE PARTY FLIPGRID!](#)

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.