

SCHOOL COUNSELOR

E - LEARNING PLAYLIST

Ms. Yetter

Week of May 4 - May 8, 2020

Virtual Counseling Office

AIR HUGS!



New Video Message from Ms. Yetter

Daily Office Hours (Monday - Friday): 11:00am - 12:00pm

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

Visit the Virtual Calm Corner:
Crest → <http://bit.ly/crestvpc>

MONDAY



**Mindful
Monday**

Today we are going to learn to be mindful and aware of our thoughts through making Lemonade! Sometimes, it's hard to think positive, especially in times like these. This activity will help you be more mindful of your thoughts and encourage positive thinking!

[Positive Thinking Video with Ms. Yetter](#)

[Lemons in Lemonade Activity](#)

TUESDAY



**Storytime
Tuesday**

When your thoughts start to wander, and you feel like they are carrying you away, there are things you can do! This book introduces mindfulness techniques such as positive self talk, grounding, and deep breathing to help readers feel in the present and at peace. When you're done listening to the book, you can complete the word search below with key words from the book!

[I Am Peace: A Book of Mindfulness Read Aloud](#)

[I Am Peace Word Search](#)

WEDNESDAY



**Worry Warrior
Wednesday**

Today we're going to be talking about our worry monsters! You might be wondering what that is...So watch the video to learn more!

[What is a Worry Monster? Video with Ms. Yetter](#)

We all feel worried in different ways and about different things, so we each have a unique and different worry monster. We are going to color and describe our worry monsters with the link below.

[My Worry Monster Color Page](#)

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 Crest 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.