

SCHOOL COUNSELOR E - LEARNING PLAYLIST

Ms. Yetter

Week of May 18 - May 22, 2020

Virtual Counseling Office

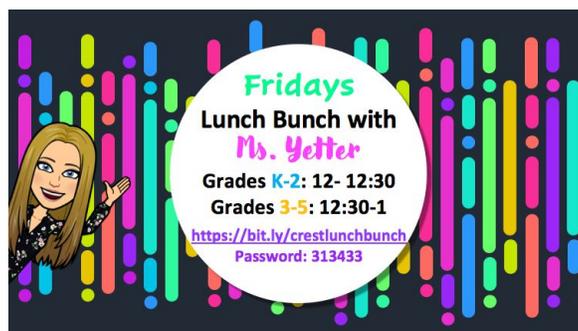
AIR HUGS!



New Video Message from Ms. Yetter

New Office Hours, Mondays & Thursdays: 11am-12pm

Zoom Link: bit.ly/msyetterzoom



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

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

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.

	<p>Mindful Monday</p>	<p>Then explain why you are grateful for them to a family member.</p> <p>Watch Ms. Yetter's Gratitude Scavenger Hunt</p> <p>Optional: Record your Gratitude Scavenger Hunt on Flipgrid!</p>
<p>TUESDAY</p>	 <p>Storytime Tuesday</p>	<p>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.</p> <p>Puppy Mind Read Aloud</p> <p>Record 3 Ways You Can Train Your "Puppy Mind" on Flipgrid</p>
<p>WEDNESDAY</p>	 <p>Worry Warrior Wednesday</p>	<p>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.</p> <p>Make your own calm down bottle using a water bottle, glitter, and soap!</p> <p>Watch How To Make A Calm Down Bottle Here</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>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>BUFFALO: Share anything random! Favorite movie, color, video game or anything you would like to share.</p> <p>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 Crest dance party! You may see your teacher dancing, too!!!</p> <p>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.