

SCHOOL COUNSELOR

E - LEARNING PLAYLIST

Ms. Yetter

Week of May 25 - May 29, 2020

Virtual Counseling Office

AIR HUGS!



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

Zoom Link: bit.ly/msyetterzoom

If you need me, email me: yettera@cajonvalley.net or fill out a [Help Slip](#)

Visit the Virtual Calm Corner:

Crest → <http://bit.ly/crestvpc>

MONDAY



**Mindful
Monday**

NO SCHOOL OVER ZOOM: Happy Memorial Day!

Be Mindful of All That Our Military Has Done for Our Country



[Upload a Thankful Flipgrid Message for Our Military Service](#)

<p>TUESDAY</p>	 <p>Storytime Tuesday</p>	<p>Even though we are all apart, we are still connected! Listen to the sweet story below. Then, complete the Google Draw and send it to a friend, a teacher, a family member. We may not be close but we can think of everyone we love and miss...and send them something nice!</p> <p style="text-align: center;"><u>The Invisible String</u></p> <p style="text-align: center;"><u>Google Draw</u></p>
<p>WEDNESDAY</p>	 <p>Worry Warrior Wednesday</p>	<p>Today we are going to focus on what we can do when we feel overwhelmed. You will use colors and shapes to explore emotions to explain how you are feeling without using words. Watch the video and learn how to create an Emotions Map! Try to create one with Google Draw :)</p> <p style="text-align: center;"><u>Emotions Map</u></p> <p style="text-align: center;"><u>Google Draw</u></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;"><u>GOOGLE FORM</u></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 style="text-align: center;"><u>DANCE PARTY FLIPGRID!</u></p> <p style="text-align: center;"><u>12pm LUNCH BUNCH with MS. YETTER</u></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.