

# SCHOOL COUNSELOR

## E - LEARNING PLAYLIST

Ms. Yetter

Week of June 1 - June 5, 2020

### Virtual Counseling Office

AIR HUGS!



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

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

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

Visit the Virtual Calm Corner:

Crest → <http://bit.ly/crestvpc>

### MONDAY



**Mindful  
Monday**

#### Kinder/1st Rainbow Breath

As we practice every time in class, it is so important for us to focus on our breathing. It helps to calm our bodies and our brains. Today, let's practice "rainbow breathing." Watch the video below and then draw a rainbow!

[Rainbow Breath](#)

#### 2nd-5th Let's Create Zentangles!

A great way to practice mindfulness is to remain present during an activity. Watch the video below on how to create your own Zentangle. Then, send me a Flipgrid showing me your awesome Zentangle.

[Create a Zentangle](#)

<p><b>TUESDAY</b></p>	 <p><b>Storytime Tuesday</b></p>	<p>Being able to connect with our friends online is amazing...but it can also be tricky. It can often lead to misunderstandings, frustration, and feeling left out. Listen to the story below. After you listen, think about what REALLY makes up the pie: what are important parts of a friendship.</p> <p>Click on the Google Draw and make your own "Enemy Pie" &amp; I challenge you to do something nice for a classmate!</p> <p style="text-align: center;"> <a href="#">Enemy Pie</a>      <a href="#">Google Draw Your Own Pie</a> </p>
<p><b>WEDNESDAY</b></p>	 <p><b>Worry Warrior Wednesday</b></p>	<p>It is okay to have worries! We all have them. However, sometimes our worries do not make sense, would not happen, or are only a piece of the puzzle. Listen to Counselor Keri below as she teaches us ways to find out if our worries are legit.</p> <p style="text-align: center;"><a href="#">Is My Worry Legit?</a></p>
<p><b>THURSDAY</b></p>	 <p><b>Feelings Check Thursday</b></p>	<p>We all miss you so much! How are you feeling? Fill out the form below &amp; tell me your "High, Low, Buffalo" of the week.</p> <p><b>HIGH:</b> Share something that has been fun or exciting this week.</p> <p><b>LOW:</b> Share something that has made you feel sad, mad or bored this week.</p> <p><b>BUFFALO:</b> Share anything random! Favorite movie, color, video game or anything you would like to share.</p> <p style="text-align: center;"><a href="#">GOOGLE FORM</a></p>
<p><b>FRIDAY</b></p>	 <p><b>Dance Party Friday</b></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;"><a href="#">DANCE PARTY FLIPGRID!</a></p> <p style="text-align: center;"><a href="#">12pm LUNCH BUNCH with MS. YETTER</a></p>

If you want to set up a Zoom meeting or Google Hangout, email me at [yettera@cajonvalley.net](mailto: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.