

Counselor's Corner

March 2020 • Gutierrez.Gloria@tusd.org • Office Hours by Email
Monday, Wednesday, Friday 8:30-10:30; Tuesday, Thursday 1:30-3:30

30 Activities for All

Families and children can reduce stress by taking breaks to do activities that relieve stress, re-center the mind and body, and engage with other senses. The following list has been compiled for that purpose. [30 Activities for Stress Relief](#)

Please be mindful if any activities seem to become counter-productive, such as if it seems to be increasing anxiety in children. In this case it may be helpful to switch to an activity that is more active or helpful to others. Take this opportunity to apply you and your family to larger projects – like making a play, building a model like a plane or dollhouse, or conducting a deep spring cleaning. This could be a great time to learn a new language, an instrument, or other skill. Time in nature and playing are very important as well! Look for an email with social & emotional resources shortly.



This may be the perfect time to try composting! Consider the different types and start making high quality soil for your garden – or offer it to friends and neighbors! And it's great for the environment:

[Cal-EPA Composting](#)
[Cal-EPA Vermicomposting](#)

Staying Calm Amid Chaos

In these challenging times, it can be difficult to maintain calm and stay collected. Our words, actions, and other nonverbal communication (tone, manner, and mindfulness) are absorbed by those around us. This makes the job of being a parent and exuding the confidence that everything will be okay that much more important. Consider the following to help you help yourself, so you can support your family:

1) Routine, routine, routine! They are crucial for children, and for adults! Include music and reading time, and set breaks for social and fun activities. Here's a suggested educational schedule that you can use at home: [Sample Educational Schedule](#)



2) Take several deep breaths and let the anxious energies out. Anxiety can motivate us to make changes. So if you've been preparing, let it go!

3) Remind yourself what you can control and what you can't. Focus on the former. [CDC - Coping with Stress during COVID-19](#)
[NASP - Talking to kids about COVID-19](#)

WHAT'S HAPPENING

Green Team Finishes Experiment

The plant experiment has reached its end, now we are compiling results. As for the buddy bench – let me know if your student wants to help sort lids by emailing me below: Gutierrez.Gloria@tusd.org

Read a Mindful Book Send in suggestions!

Mrs. G's favorite book for mindfulness right now: A Sand County's Almanac by Aldo Leopold
It's like walking through a forest in short excerpts. Send suggestions to: Gutierrez.Gloria@tusd.org

Positive Behavior Interventions & Supports

Students learn about Anza's expectations:

- Be Safe
- Be Respectful
- Be Responsible

Character Counts:
Be Responsible

Cool Websites of the Month:

[Relaxing Music and Scenes – Youtube](#)
[Free Daily Art Lesson - CassieStephens](#)