Topic: SELF CARE

INTRODUCTION

As your school counselor, my role in your online learning is to support students and families. Each week I will focus on a topic that I feel will help families by providing information, resources, and questions to facilitate connection and communication.

Self-care is SO important, for kids and caregivers alike, especially during stressful times. All students in grades PreK- 12 have receive a Self Care Bingo sheet and I encourage all to take part. Hopefully it gives you a chance to practice some favorite techniques or try out a new one!

Parents and guardians of our emerging readers, I recommend exploring some of this information with younger students, talk to them and have them watch the videos so they can be part of the conversation!

Activities

- Practice good nutrition through a balanced diet
- Stay hydrated with water
- Get enough rest
- Cook or bake
- Take a break to ride some <u>Disney World rides</u> virtually
- Follow a schedule, it can help you to feel more at ease and productive. I recommend checking out your teachers suggested schedule!

Activities

- Self-care can be built into what you already do in school, such as in your special classes like Library, STEM, Art, Physical Education & Music.
 - Get lost in a book or buddy read with a loved one
 - Be physically active- indoors and outdoors! Yoga, hike, have a dance party, go for a bike ride! Exercise releases endorphins, which help you to feel happy!
 - Create through art, music, and through inventions

Activities

- Play <u>Self-Care Bingo</u>
- Learn a new hobby, or spend time practicing a favorite hobby
- Spend time focusing on your families spirituality
- Play a game as a family
- Practice Mindfulness
- Unplug from technology
- Create a gratitude list or drawing picture of what makes you feel grateful

Information About Mindfulness

<u>Mindfulness</u> for elementary students





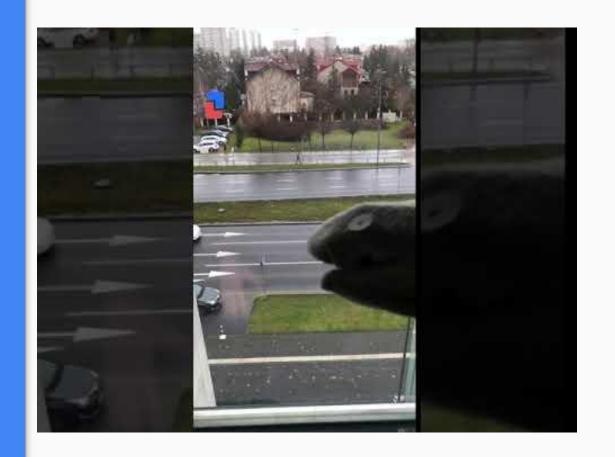
Mindfulness for middle school and high school students

Articles

Learn about <u>self care and ask yourself 12 Questions</u> to figure out what works for you!

Remember that self care is not just for emergencies.

One of my personal favorite forms of self care: **HUMOR**



Join the Conversation

What are some of your favorite ways to care for yourself as an individual and as a family?

Take this survey or leave a comment!

EASE REST ATTEND TO COMFORT PRESENCE SUPPORT TIME CHOICE ACCEPTANCE .CURIOSITY KINDNESS AWARENESS ARE ATTENTION PLEASURE -- PATIENCE EXPLORATION ADJUSTING ENVIRONMENT SLOWING MINDFULNESS COMMUNITY FOCUS ON PROGRESS PRIORITIZING

Throughout our time apart, if students would like someone to talk to, have any questions, or just want to say hi I am happy to help! I available through email and we can also schedule a Google Meet or Google Hangout for students and parents/guardians. My email is <u>elisha.cohen@longlakecsd.com</u>. Connection is so important during this time of social distancing to avoid feelings of socially isolated, so please reach out to me, your teachers, and each other!