

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 [Disney World rides](#) 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 [Self-Care Bingo](#)
- 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

Mindfulness for  
elementary students



Mindfulness for middle school  
and high school students

# Articles

Learn about [self care and ask yourself 12 Questions](#) 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!



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 am available through email and we can also schedule a Google Meet or Google Hangout for students and parents/guardians. My email is [elisha.cohen@longlakecsd.com](mailto:elisha.cohen@longlakecsd.com). Connection is so important during this time of social distancing to avoid feelings of social isolation, so please reach out to me, your teachers, and each other!