

ACTIVITIES FROM THE SCHOOL COUNSELOR

WEEK 3: APRIL 13-17

Mindful MONDAY:

Belly Breathing: “Belly breathing slows the pulse and heart rate and promotes a feeling of calm. Air is drawn into the bottom of the lungs slowly and quietly. On the in-breath, the diaphragm moves down and the belly is pushed out. On the out-breath, the diaphragm moves up and the belly moves in. Breathing in through the nose helps keep the breathing slow and quiet.” (SecondStep Curriculum)

I tell students that if they are practicing the right way and breathing correctly, I really should not hear them breathing. Practice doing sets of 3-5 belly breaths throughout the day.

Teaching Tips:

- 1) Place hands on your stomach just above the belly button
- 2) Next, focus your attention on your breathing as you take a slow, controlled breath through the nose, deep into the lower part of the lungs. You should feel your stomach moving as you do this.
- 3) Next, breathe out slowly through the mouth. You should feel your stomach moving in as you breathe out.

Tip from your Counselor TUESDAY:

It's ok to grieve....Many of us have had to make major changes and deal with a variety of cancellations: trips, school, sports activities, birthday parties, time with loved ones, etc. Take a moment to acknowledge that and grieve that loss. Find a way to connect with someone and talk to them about it. Know that you are not alone during this time!

What's the Word WEDNESDAY: How can you show the word of the day?

Courage: (According to Merriam-Webster)

:mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty

Thoughtful THURSDAY

Classmate: is there a friend or classmate at school that you have not talked to since school was let out? Relationships are very important, so take a moment today to text, call, facetime someone that might need a bright moment in their day.

Fun FRIDAY with the Family

The Perfect Square: This activity requires strong verbal communication and cooperation. All you need is a long rope with the ends tied together and something to serve as blindfolds for students, such as bandanas or fabric strips. Have students stand in a circle holding the rope in front of them. Signal them to put their blindfolds on and set the rope on the ground in front of them. Ask students to turn and walk a short distance away from the circle. Assign students who may need help a partner to work with. Finally, have everyone come back to the rope and try to form a perfect square with their blindfolds on. Set a time limit to make it more challenging.