



## Tree House Choice Board

May 20th - May 26th

**We MISS you! We hope you are taking good care of yourselves and that we can see you soon!**

Select any of the activities listed below and have fun learning! Please email us if you have questions: [julie.bristol@vansd.org](mailto:julie.bristol@vansd.org) or [megan.vanrees@vansd.org](mailto:megan.vanrees@vansd.org)

***If the links do not work, try signing in to your student google account. Your account is: ID#@student.vansd.org eg. (123456@student.vansd.org) and your password is your 8 digit birthday 10022001***

<b>Choice 1</b>	<a href="#">Listen to Ms. Julie read Soda Pop Head</a> by Julia Cook. <i>Soda Pop Head</i> is about how to calm down before your anger pops.
<b>Choice 2</b>	Do a <a href="#">gratitude meditation</a> . Even when things are hard, there are always things to be grateful for. I am grateful for time with my family, flowers and running.
<b>Choice 3</b>	<p>Visit us in the <a href="#">Tree House Zoom</a> for 10-15 minutes on a Tuesday at 11:30-12:30 or Friday at 2:00-3:00.</p> <p>The hyperlink will take you to the meeting ID and passwords for the meeting.</p> <p>Tell us how you are taking care of your strong feelings, and tell us a Rose and a Thorn about your day.</p>
<b>Choice 4</b>	When we are social distancing, it is important to continue to show kindness to one another. How can we share our kindness and friendship with each other? Do this <a href="#">Sharing Friendship</a> mindful moment with Ms. Julie.

## **Choice 5**

Take a sensory walk around your home or neighborhood. Notice 5 things that you see, 4 things that you hear, 3 things that you feel, 2 things that you smell, and 1 thing that you taste.

## **The Clubhouse**

[Sarah J. Anderson Tree House Website](#)

Request a Zoom meeting or phone call using this [form](#)

Email:

[Julie.bristol@vansd.org](mailto:Julie.bristol@vansd.org)

[megan.vanrees@vansd.org](mailto:megan.vanrees@vansd.org)

Phone:

Julie Bristol ~ 206.333.4348 ~ Monday -Friday

Megan VanRees ~ 425-324-9718 ~ Tuesday, Friday and every other Wednesday