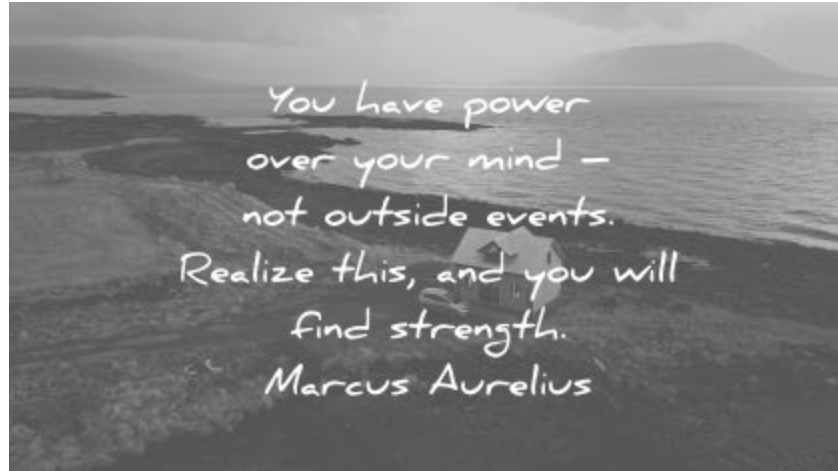


WMS Counselors' Corner

Mary Morrissey and Megan Tucker



As we adapt to these unusual times we wanted to share some wellness resources for you and your family. During this time it is important to stay positive, connected and creative. We will provide weekly correspondence to offer support and suggestions.

Household Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk/hike or outdoor activity
10:00-11:30	Academic Time	Check google classrooms, reading, homework, study, journal
11:30-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking, games
12:00-12:30	LUNCH	

12:30-1:00	Home Chores	Clean rooms, pick-up around your house, take out garbage, pet care
1:00-2:30pm	Academic Time	Check google classrooms, reading, homework, study, journal
2:30-3:30	Quiet time	Electronics OK! Educational online activities, virtual museum tours, podcasts, audio books, listening to music, puzzles
3:30-4:30	Outdoor time	Family walk or outdoor exercise
4:30-5:00	Dinner Prep	Help with meal prep, set the table
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Hygiene	Bath or shower
7:00-8:00	Reading/movies/ game time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

(This schedule is just a suggestion and can be modified to suit the needs of you and your family.
Just copy and paste to edit.)

Weekly Article Highlight

[Talking to Teens and Tweens About Coronavirus](#)- NY Times Article

Social Distancing Wellness Plan



workout at home



cook a healthy meal



make your bed



maintain good hygiene



get dressed daily



create art



practice gratitude



call friends and family



read a good book

BREAKING:

GETTING OUTDOORS NOT CANCELLED

MUSIC NOT CANCELLED

FAMILY NOT CANCELLED

READING NOT CANCELLED

SINGING NOT CANCELLED

LAUGHING NOT CANCELLED

HOPE NOT CANCELLED

LET'S EMBRACE WHAT WE HAVE.

unsinkable.