



THESE WEEKLY ACTIVITIES ARE BROUGHT TO YOU BY THE MSD COUNSELING DEPARTMENT TO PROVIDE FAMILIES WITH SOCIAL EMOTIONAL LEARNING WHILE STUDENTS ARE AT HOME. THERE IS SOMETHING FOR EVERYONE.

LOOK FOR THE WEEKLY LINK IN YOUR CHILD'S GOOGLE CLASSROOM.

WEEK OF: 4/13-4/17

**Theme:** Dealing with  
Uncertainty & Worries

WEEK OF 4/20-4/24

**Theme:** BIG Feelings & Self-Control

WEEK OF 4/27-5/1

**Theme:** Coping Tools

WEEK OF 5/4-5/8

**Theme:** Motivation & Growth Mindset

WEEK OF 5/11-5/15

**Theme:** Working Through Conflict

WEEK OF 5/18-5/22

**Theme:** Mindfulness & Gratitude

WEEK OF 5/25-5/29

**Theme:** Taking Care of Yourself

WEEK OF 6/1-6/5

**Theme:** Grief & Embracing the New  
Normal

WEEK OF 6/8-6/12

**Theme:** SELf Enrichment Board (Tech-Free)