

Dear Student,

First, let us say we hope you and your family are safe and healthy. Thank you so much for your patience and understanding as we have been adjusting, like you, to the changes in life during the last few weeks. Mr. Cannon and I miss you so much, and we are continuing to work together to meet your needs. Always remember we are here for you!

There are a few ways you can reach us:

- ❖ Mrs. Heitmeyer's email is lheitmeyer@almaschools.net
- ❖ Mr. Cannon's email is tcannon@almaschools.net
- ❖ We also created a facebook page for DLPMS Counseling. If you search DLPMS Counseling Corner and like our page you will receive all of the latest counseling updates, keeping us connected. That is a great way for us to stay in touch with you for resources and school announcements. You can also reach us through private messaging on that page, as we can both see anything that is sent, and we will get back to you as soon as possible.

In these packets, we will be providing different learning activities you can work on at home, by yourself, or even share with your family members. These don't necessarily relate to academic learning, but to social emotional learning, which means your mental health and well being. Many of the activities do not take much time, but may require you to think about how you are feeling and understand those feelings. It is a good idea to begin by creating a schedule and routine you can follow. These are in the first two pages of the packet, and it's a great place to start. We know you will knock this out of the park!

It is important for you to figure out ways to go about your days while making sure you are still doing the things necessary for you to feel good every day. A phrase you may have heard lately is "finding a new normal," and that is what each one of us (teachers, staff, and students alike) is attempting to do. We believe these packets provide a way to help you find "a new (healthy) normal" while you are at home with your family. Be sure to post pictures of your work on our DLPMS Counseling Corner Facebook page; we would love to see your creativity — and others can learn from this, as well. We miss you and are here for you!

Sincerely,
Mrs. Heitmeyer
Mr. Cannon

Resource provided by:
Madeline Mason
Social-Emotional Learning Coach
MSD of Washington Township
Northview, Westlane, and Eastwood Middle Schools
Indianapolis, IN

Tech-free Social Emotional Learning Exercises for at-home learning:

Sample daily routine:

- 1. Wake up, and set a goal or positive intention for your day. *Today I will be*_____.**
- 2. Eat breakfast and try to get 10-15 minutes of physical activity before starting your day (stretching, walking, playing basketball, etc.)**
- 3. School work**
- 4. Break (snack, movement, breathing exercise) or at-home responsibilities**
- 5. School work**
- 6. Lunch, break, at-home responsibilities**
- 7. Choice time or at-home responsibilities**
- 8. School work**
- 9. Break (snack, movement, breathing exercise)**
- 10. Finish the day with reflection:**
 - a. What went well?**
 - b. How do I feel?**
 - c. What do I need to modify or adjust in my schedule to meet my needs?**

Now use the sample routine to write your own that works for you on the next page!

What are your 3 daily priorities? Use these to plan your day!

1. _____
2. _____
3. _____

	Time	Activity
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Is this going to be the same every day of the week or do you need to write a different schedule for different days?

