Dear Students & Families,

Welcome back! This week our focus is on ways to help reduce feelings of worry, or anxiety. Why is this important to learn about? Effectively managing anxiety makes it easier for you to focus and succeed in social and academic situations. You may be feeling more anxiety now for many reasons, including changes to your normal routine, doing your schoolwork remotely, being away from friends, and concerns about the coronavirus. You got this; you can do hard things; I believe in you! Have fun!

Love,
Your School Counselor

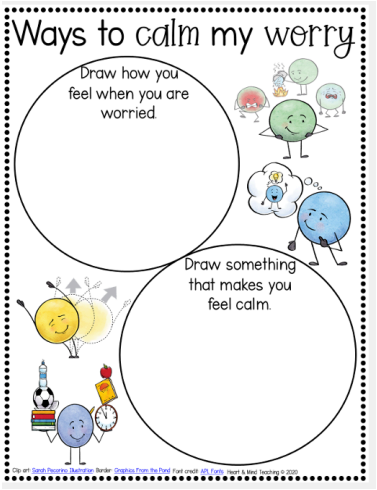
Discussion Points:

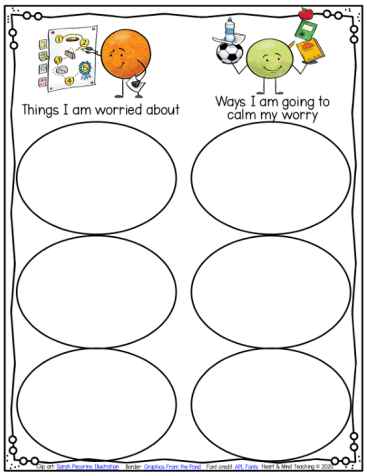
-Anxiety is the uncomfortable feeling you get when you are worried about something that might or might not happen.
-Anxiety is a totally normal reaction to stressful situations.
-We experience anxiety in different ways, some people feel anxiety in their bodies, like an upset stomach, while other people might feel anxiety in their thoughts, trouble paying attention, or trouble sleeping.
-Everyone feels anxious at times, but sometimes the feeling is so strong your body feels uncomfortable and it is hard to think.
-There are tools you can use to help control these uncomfortable feelings so you can feel calm again and have smaller worries.

Activity One:

There are a lot of tools out there to help with big feelings, Check out this picture for some tools you can try when you feel worried this week! Practice 2-3 of these ideas with your family.







Links:
https://documentcloud.adobe.com/link/track/?pageNum=1&uri=urn%3Aaaid%3Ascds%3AUS%3Ac494154c-f84e-4ce2-9ea4-c632249836e1

Activity Two:



https://www.youtube.com/watch?v=4bEoyFjmztM

Worry Says What?

- It's important to remember we all have very different worries about things, and the way we handle our worries are different too.
- One important tool is, if the worries seems to big, it's important to remember to talk about our thoughts and feelings with someone we trust (parents, teachers and friends).
- By talking about our worries, it helps us to understand the worry and helps us to make a plan so the worry starts to become smaller.
- In our story, "Worry Says What?" the character used strategies/tools to make her worry grow smaller. What tools can you use to make your worries become smaller?
- If your worry tells you that you can't do something, think of a positive self-talk statement instead. For example, "I can do my math problem", "I will see my friends", "I can do hard things"!
- We can give our worry a name, such as "Worry Walter". Naming our worry takes the power out of the worried thoughts. Then you can tell Worry Walter to go away and not come back.

After you have watch this video (stop around 5:44) practice telling your Worry Monster to GO AWAY:

When worry says "I'm too scared to sleep", I can say: _____
When worry says "I don't have friends ", I can say: _____
When worry says, *fill in your own worry*, I can say: _____

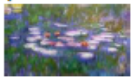
Next, just like the character in the book, create a song you can sing to your Worry Monster when you notice it getting bigger to help yourself feel calm again. Share it with your family when you are done!



Video Link
https://www.youtube.com/watch?v=4bEoyFjmztM
Links
:https://docs.google.com/presentation/d/19-U4HoKfzyx0UbO86S9wqvCsvGG1Fe44JWoQIN7aZic/edit?usp=sharing

-Social Emotional Learning-

-BINGO Style-

Caring	Mindful	Challenge	Nature	Social
Write a letter or make a card for someone special 	Set up a special space where you can go when you feel upset 	Create your own scavenger hunt for others. Include both indoor and outdoor items 	Practice Self Control outside! Sit with your eyes closed for 5 minutes- What did you hear? 	Learn about a new culture and make something: Picture/food 
Make a list of what you love about yourself and hang it where you can see 	Watch a video: Meditation or guided imagery. How do you feel? 	Pick a toy and give it a new life! Create scenery from legos, cardboard, etc 	Take a virtual tour of a zoo, or aquarium. 	Listening skills- Ask someone how their day is going - Is there anything you can do to help? 
Help a family member with chores around the house. List what you can do without help 	"I Feel". Spend 2 minutes thinking about how you feel. Start a journal and practice this daily 	What makes you unique? Share your special skill or talent with someone 	Sit outside with your eyes open, Be still for 5 minutes- What do you see? 	Positive Actions- Do something without being asked or told How did it make you feel? 
Read a book and talk about the characters feelings. Can you relate? 	Make a poster about What and Who you are thankful for 	Take a virtual tour of a museum. Re-create any artwork of your choice 	Find things inside/outside that look like letters in your name 	What do you want to be when you grow up? How can you achieve your goal? 
Make a poster to show Kindness at home and school 	What makes you a good friend? Write or draw about what being a good friend means 	Find a recipe and make something special for your family 	Take a walk and count how many colors you see. Draw it! 	Play emotion charades- can anyone guess the feelings on your face? 

Friday Social Media Message: You made it through another week of remote learning! Great job! Here is a fun Social Emotional Learning (SEL) Bingo activity for you to do together as a family. Go _____. And, if you are looking for a Friday night bedtime story here is one from my friend, Wilma.

Wilma Jean the Worry Machine.
https://www.youtube.com/watch?v=snCdffK0z8Y

SEL Bingo
https://drive.google.com/file/d/10I3Lpd-SswtX7jjeARSTN5qhg1imvbn5/view