

Elementary Counseling Learning Resources

For the Week of April 13 - April 17

For Kindergarten:

GIVE A HUG & GET A HUG

Give a hug to a family member (i.e. mom, dad, brother, sister) within your household and share how you are feeling. The person receiving the hug then returns the act and shares their feelings as well.

For 1st and 2nd grade:

Zones of Regulation is a curriculum used throughout the different West Valley Schools that helps children gain skills in the area of self-regulation. It helps bring alertness of both body and emotions for specific situations.

For younger children, use the handout to help children recognize when they are in the different Zones. For best results, print off the Zones of Regulation handout and put it up where it can be seen regularly. Help children gain an increased vocabulary of emotional terms, skills in reading other peoples' facial expressions, and perspective about how others see and react to their behaviors.

For the Zone of Regulations handout, click on this [Link](#).

For 3rd through 5th grade:

Zones of Regulation is a curriculum used throughout the different West Valley Schools that helps children gain skills in the area of self-regulation. It helps bring alertness of both body and emotions for specific situations.

For older children, use both handouts to help children recognize when they are in the different Zones. For best results, print off the Zones of Regulation handout and the Calm Down Strategies handout. Once a child knows they are in a different Zone, children can then use strategies to change or stay in the Zone they are in. Help children identify events that trigger their behavior.

For the Zones of Regulation handout, click on this [Link](#).

For the Calm Down Strategies handout, click in this [Link](#).

For all grades:

Thank you notes to medical professionals.

Please read the following first by clicking on this [Link](#).

For a Thank You Letter template, click on this [Link](#).

For another Thank You Letter template, click on this [Link](#).

Supplemental Activity for all grades:

Continue with your Journal! A journal is a good way to record history (you're living through an important moment in history that you may want to remember), and it's a good way to get out your feelings (especially strong emotions like fear and anger).

- Use a notebook or loose paper (that you can staple together later) to create a journal.
- At least once a week, write in your journal about what you did and how you feel. Some students may want to write a little bit every day. You can also include drawings in your journal.
- Here are the prompts for this week.
 - For 1st and 2nd grade: "My biggest wish is..."
 - For 3rd through 5th grade: "If I had to go live on a desert island, I would take..."