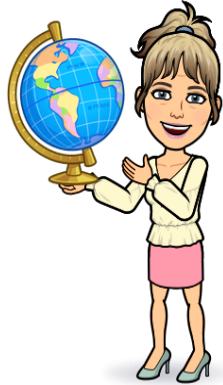


Monomoy Regional School District

Ms. Malinowski



"Ms. M"

School Counselor

508-430-7216 Ext.3111

jmalinowski@monomoy.edu

MY ONLINE LEARNING SPACE

[Pandemic Panoramic Photo Project](#)

[Pandemic Time Capsule](#)

[8-Year-Old Chatham Girl Leads Students In Making Friendship Bracelets For Kids At Dana-Farber – CBS Boston](#)

Student Resources

[HES Zones Check In](#)



Teacher Resources PreK-4

[SEL Health Lessons](#)

 [Women History m...](#)

 [Hispanic Heritage...](#)

Parent Resources

 [FAMILY PANTR...](#)

 [Family Grief Gro...](#)

 [MassHealth_det...](#)

[Between the news reports, social media, and hearing of events from peers, the tragedy in Nashville may be something children](#)

[W Zones Daily Visual Sc...](#)

[Zones picture schedule](#)

[Social Story about Per...](#)

[Social Story: Personal...](#)

[Inside Out Meet the Zones: Green, Blue, Red, and Yellow](#)

[breathing ball](#)
[Breathing Ball](#)

[Posture and Mindfulness Break](#)

[Shake Break](#)
[Move and Freeze](#)

[51 Mindfulness Exercises for Kids in the Classroom](#)

[The Splendor of Color Kaleidoscope Video v1.1 1080p](#)

[Happiness Hack](#)

[The Reflection in Me HD](#)

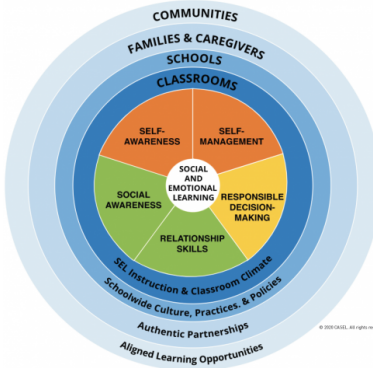
[Kindness Kits](#)

[PDF MARC K-5 Curr v...](#)

[Anti-bullying Present...](#)

[National Native American Heritage Month](#)

[Core SEL Competencies](#)



New (elementary) SEL Library:
[Self-Awareness](#)
[Self-Management](#)

[Trauma Resources](#)

[Building Your Classro...](#)
["Bottom-Up" vs "Top-...](#)
[Building Your Classro...](#)
[Building Your Classro...](#)
[Management of Dysr...](#)

[Helpful Strategies for Helping Students Deal With Trauma](#)

[Black History Month](#)

[Anxiety Tips](#)

[Shared Classroom Agreements](#)

want to process in discussions with their families for days to come. Below are links with resources that might support you as you process this event with your child(ren):

- [Tips for Parents on Media Coverage National Child Traumatic Stress Network](#)
- [Helping Children Manage Stress in the Aftermath of a shooting](#)
[Applicable tips from the American Psychological Society](#)
- [Helping Children Cope with Frightening News](#)
[Child Mind Institute](#)
- [Talking to Children About Violence: Tips for Parents and Teachers](#)
[National Association of School Psychologists](#)

If you or a family member are looking for help with mental health, [Care Solace](#) can help you quickly find treatment options matched to your needs, regardless of the circumstance. This is a complimentary and confidential care coordination service provided by Monomoy



Upper Elementary Reading List

Lower Elementary Reading List

SEL Song List

Feeling Faces

ZONES Tools

Whole Body Listening.pdf

Perspective.docx

 Body and talk stop sig...

 Interrupting Chicken.p...

[Massachusetts Department of Children & Families](#)

[Report child abuse or neglect | Mass.gov](#)

[Second Step Webinars](#)

- [12 Recommended Books About Empathy and Kindness](#)
- [3 Self-Care Tips for Teachers and Educators](#)

 **Disability month**

 **Autism awareness mo**

Celebrating Transgender Awareness Week

November 13–19 is Transgender Awareness Week, followed by Transgender Day of Remembrance on November 20. This week, as you celebrate the diverse experiences of the transgender community, use [these resources](#) to advocate for trans students and fellow educators, whether you're teaching in person or remotely.

[Gender Identity](#)

[Regional School District. If you would like to use Care Solace to help you find a mental health care provider:](#)

- [call 888-515-0595, support is available 24/7/365 in over 200 languages; or](#)
- [visit https://caresolace.com/site/mrsdl/ and either search on your own or click "Book Appointment" for assistance by video chat, email, or phone.](#)

[MassHealth Redeterminations Communications Toolkit in 8 languages in addition to English.](#)

- [Translated versions of the toolkit \(as well as the English version\) can be found online **HERE**](#)

 **Behavioral Healt...**

[How to Use the New Snapchat Family Controls](#)

[District Accommodation Plan](#)

[Gender Powerpoint](#)

[Earth Day](#)
[Earth Day quiz](#)
[Part 1: The Paperbag Prince](#)
[Part 2: The Paperbag Prince](#)
[Earth Day for Kids](#)
[30 Earth Day Crafts With Upcycled Materials/](#)

[Supporting and Responding to Behavior](#)

[Monomoy Web Page](#)

[Tiered Social Skills](#)

 [Early Resource ...](#)

 [Early Resource Center \(Spanish\)](#)

Lower Cape Resource Guide – English version

Lower Cape Resource Guide – Spanish version

Lower Cape Resource Guide – Portuguese version

 [Resources one page FAMILY S...](#)

- [Talking with Children About Traumatic Events](#)
- [Children and Trauma](#)

 [LEGALDOCUMENTHOTLINEF...](#)

Mental Health Resources
[On Our Sleeves](#)

 [Nutrition Programs.pdf](#)

 [TAP Program Onepager\(1\).pdf](#)

Free and Reduced Meals
<https://monomoyfood.org/index.php?sid=1605119784125&page=lunchapps>

[Teaching Kids Kindness](#)

[how-to-talk-to-children-about-the-invasion-of-ukraine](#)

 [Grandparents Supp...](#)

 [grandparent flyer1.pdf](#)

[We Can](#)

[Child Development
Pamphlet Series](#)

[5 Minute Mindfulness
Exercise](#)

[Lesser Known Symptoms
of Depression](#)

[Boredom as a Symptom](#)

[HandHold Toolkit &
Resources | Mass.gov](#)

[Kidshealth-How to have
the COVID Talk](#)

[Stop-block-talk.pdf](#)

[The Network of Care for
Public Health Assessment
and Wellness Barnstable
County, Mass.,
Massachusetts](#)

www.handholdma.org

[Free Tutoring
CovEducation](#)

[Digital ESP MobileCrisis
trifold 2020 Spanish.pdf](#)

[Digital ESP MobileCrisis
trifold 2020 English.pdf](#)

[Massachusetts Virtual
Parenting Groups during
COVID-19](#)

[63 Questions for Kids
That Will Get Them
Talking](#)

[Cape Cod Community
Resources](#)

[Grandparents Raising
Grandchildren \(and other
relative caregivers\)](#)

[Cape Cod Family Resource
Center](#)

[Pediatric Feeding and
Nutrition](#)

[Hot Chocolate Talk-A guide
for parent and teachers on
how to protect children](#)

[How to have the talk](#)

[Barnstable County
Department of Human
Services](#)

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SEL Playlist

Self-Awareness

Self-Management

Responsible Decision-Making

Relationship Skills

Social Awareness