

Hello Richards students and families,

I hope you and your family are well and staying healthy during this time of the coronavirus pandemic. Please remember that the Richards administration is looking out for the best interests of our community, students, and staff to prevent any community spread or diagnosis of the virus in this area. While we transition to online/distance learning these next couple of weeks, I want you to remember that I am here to support you and your family the best I can.

The handout is titled "Social Emotional Learning Challenge & Scavenger Hunt." It's important to continue building their emotional health and help keep your child focused on some good, positive things in life. Please do not hesitate to contact me if your child needs help or support during this time. As a school counselor, I care about your child's well-being and know this pandemic hitting our country is affecting each family's daily routines, mental health and outlook on our future as of now.

If you need to reach out to me I am available by email or you can contact the school and leave a message with Patty and she will let me know. On the school webpage under the counselor page there is a list of local resources if assistance is needed.

Thank you,
Colbi Gastineau - School Counselor
cgastineau@richardschool.k12.mo.us

Calm Down Strategies for Kids

Pathway 2 SUCCESS

- Color or draw
- Think happy thoughts
- Take deep breaths
- Talk to someone
- Make a list of choices
- Set the timer and take a break
- Read
- Think of a pet
- Look at photos
- Use positive self-talk
- Take a walk or exercise
- Write in a journal

www.thepathway2success.com
Clipart by Kate Hadfield

I CANNOT CONTROL

(So, I can LET GO of these things.)

I CAN CONTROL

(So, I will focus on these things.)

- IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING
- THE AMOUNT OF TOILET PAPER AT THE STORE
- THE ACTIONS OF OTHERS
- MY POSITIVE ATTITUDE
- TURNING OFF THE NEWS
- FINDING FUN THINGS TO DO AT HOME
- HOW LONG THIS WILL LAST
- HOW I FOLLOW CDC RECOMMENDATIONS
- MY OWN SOCIAL DISTANCING
- LIMITING MY SOCIAL MEDIA
- MY KINDNESS & GRACE
- PREDICTING WHAT WILL HAPPEN
- OTHER PEOPLE'S MOTIVES
- HOW OTHERS REACT

Clipart: Carrie Stephens Art
TheCounselingTeacher.com

