

Counselor's Corner *By Ms. Rane*

April 8, 2020

Hello Wellsville Families,

I hope that you are doing well and enjoyed your much needed spring break. Hopefully you were able to relax a bit while taking a break from online school and homework. I hope you were able to do something enjoyable and fun. Some of you may have had spring break plans that were cancelled due to the Coronavirus like mine were. We had to get creative and find some fun activities to do at home. These past few weeks have been a challenge (to say the least) and I get it, this isn't what any of us signed up for. Trying to balance working from home, doing online school, and being a parent can be a challenge, it definitely has been for me. Kiddos may be struggling with not being able to play with friends, not being able to do activities in the community, play at parks, going stir-crazy, and whining "I'm bored." This has definitely been the case in my home.

I have created a daily feel good challenge calendar that starts today and goes through the end of the school year (Mondays - Fridays). There are various "feel good" activities that kids can do when they are bored, or that you can do together as a family. You can complete some of them or all of them. It may be fun to offer your kiddos some type of reward for completing the challenges each week, or once all of them have been completed.

In this time of need we need to remember to take care of not only our physical health but our mental health as well. Do what you can to stay positive and focus on what you can control (our mind and our reactions), and accept the things that you can not change or control.

Don't hesitate to reach out to others for support. I have included the link to my school counselor website at the bottom of the page. It is still in the beginning phase. I will try to add some new things each week. Under the parents tab I recently added some feelings games that you can play with your kiddos to help them identify and express their feelings.

Thank you,
Stay healthy, safe, and positive

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<https://sites.google.com/ccsdut.org/ms-ranees-counseling-corner/home>

★**DAILY FEEL GOOD CHALLENGE CALENDAR**★

Monday	Tuesday	Wednesday	Thursday	Friday
April 6	April 7 Go on an imagination vacation for 1 minute or longer	April 8 Listen to your favorite song	April 9 Play a board/card game with your family	April 10 Draw/paint/color someone a picture
April 13 Write down 5 things you are grateful for	April 14 Go on a walk outside	April 15 Write a letter to your teacher	April 16 Write down 5 things that you like about yourself	April 17 Do a chore without being asked
April 20 Try something new	April 21 Call someone who lives farther away just to talk	April 22 Go on a nature scavenger hunt (list 10 things to find)	April 23 Create your own kind act and do it for someone	April 24 Spend a whole day technology free (except for things needed for school)
April 27 Write down 5 things that make you happy	April 28 Exercise for 30 minutes	April 29 Ask 3 different people a question about them that you don't know	April 30 Do something nice for someone in your family	May 1 Eat something healthy
May 4 Play keep the balloon or ball off the ground	May 5 Give 3 different people a sincere compliment	May 6 Find 3 things outside that are your favorite color	May 7 Say something nice to yourself in the mirror	May 8 Do a secret act of kindness for someone
May 11 Do something nice for your community	May 12 Tell someone reasons why you love them	May 13 Keep a positive attitude	May 14 Sit and relax all your muscles one by one	May 15 Try a new recipe
May 18 Write someone a letter	May 19 Take 10 deep breaths	May 20 Read a book for fun	May 21 Have a picnic in your backyard	May 22 Spend some time outside
May 25 Think of your favorite way to relax then try it	May 26 List 3 people to talk to when you have a hard time	May 27 Learn something new about your favorite animal	May 28 Try an online yoga video (cosmickids.com has some great ones)	May 29 Make a summer bucket list