

Overall Creek, Counselor Choice Board, 4.27.20

| Grades K-2 | Grades 3-6 |
|--|--|
| <div data-bbox="558 272 678 431" data-label="Image"> </div> <p data-bbox="583 461 653 488">Watch</p> <p data-bbox="331 492 909 519">https://www.youtube.com/watch?v=Yfva5ltdpEw</p> <p data-bbox="583 548 653 576">Think</p> <p data-bbox="222 579 1020 634">What are some of the worries Wilma Jean has? Can you relate to her worries?</p> <p data-bbox="604 664 632 691">Do</p> <p data-bbox="207 695 1035 781">Find a hat. Write down on strips of paper worries you can't control. Put all your worries you can't control in the worry hat. The hat will hold them for you. If you ever want them back, you can take them back out.</p> | <div data-bbox="1409 272 1549 451" data-label="Image"> </div> <p data-bbox="1434 480 1514 508">Watch</p> <p data-bbox="1188 511 1766 539">https://www.youtube.com/watch?v=Yfva5ltdpEw</p> <p data-bbox="1434 568 1514 596">Think</p> <p data-bbox="1079 599 1877 654">What are some of the worries Wilma Jean has? Can you relate to her worries?</p> <p data-bbox="1455 683 1493 711">Do</p> <p data-bbox="1068 714 1887 742">Write or draw some worries that are and aren't in your circle of control.</p> |
| <div data-bbox="562 781 678 894" data-label="Image"> </div> <p data-bbox="583 898 653 925">Watch</p> <p data-bbox="323 928 917 956">https://www.youtube.com/watch?v=ihwcw_ofuME</p> <p data-bbox="583 985 653 1013">Think</p> <p data-bbox="275 1016 966 1044">Think about all the things you feel worried or nervous about.</p> <p data-bbox="604 1073 632 1101">Do</p> <p data-bbox="207 1104 968 1159">Set a timer for 4 minutes. Now practice the breathing exercise you learned in the video.</p> | <div data-bbox="1352 781 1598 911" data-label="Image"> </div> <p data-bbox="1434 940 1514 967">Watch</p> <p data-bbox="1182 971 1776 998">https://www.youtube.com/watch?v=ihwcw_ofuME</p> <p data-bbox="1434 1027 1514 1055">Think</p> <p data-bbox="1230 1058 1728 1086">Why is it important to take care of yourself?</p> <p data-bbox="1455 1115 1493 1143">Do</p> <p data-bbox="1209 1146 1749 1174">Play the BINGO activity below with your family.</p> |

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Watch

<https://www.youtube.com/watch?v=4z7gDsSKUmU>

Think

How do you want to change the world? What do you want to be when you get older?

Do

Find a magazine in your house. Go through the magazine and cut out pictures of people you see working.



Watch

<https://www.youtube.com/watch?v=plUOdrWI-ts>

Think

What is your dream? Where do you see yourself in 10 years?

Do

Get a piece of paper and pencil and draw a family tree. Get a parent or guardian to help you. Then list out beside each person's name their career.



Reflect

What were your favorite parts of this school year?
What was something that was hard for you at first that is now easy?
What was something kind you did for someone this year?

Do

Find a plastic bottle. Collect things that remind you of this school year. For example: a picture you drew, a toy, etc. Then put those things into the bottle. You and your family member then bury your time capsule. Then 1 year from now you and your family can dig it up and you could look back on your year.



Reflect

If you could go back in time and restart the school year, what would you do differently and why?
What one word would describe this school year?
What will you miss most about your classmates?
What was the best day you had this year?
What are you most proud of?
What was something that was difficult for you at first but is now easy?

Do

Write a letter to a teacher or staff member (cafeteria worker, special area teacher, Principal, etc.) that you wish you could have spoken to before summer. Then get an envelope and stamp from your parents. Mail your letter to the school.

Healthy Mind, Healthy Body Challenge Board

| B | I | N | G | O |
|---|--|---|---|--|
| Every day for a week, before you go to bed. Write down 5 things about the day that were good. At the end of the week. Pick out the three best things that happened that week. | Learn a brand new card game and play it with someone. Suggestions for games: Bridge, Solitaire, Pitch, Pinochle and Spit. | Create a food diary for a week. Write down everything you eat, what was your mood when you ate it. See if there's any patterns in what you eat. | For a whole day, do not touch your phone, tablet or computer. At the end of the day write about how your day changed. Was it better or worse? | Write a letter to yourself. Talk about what are your favorite things, what is bothering you and what you hope to do in the future. Put it in a safe space and read it in one year. |
| Blow up a balloon with someone else. Tap the balloon back and forth. See how long you can keep it off the ground. | Pick a color, go for a walk and find things that are that color. Make it a competition and see who can find the most. | Create a creature out of different vegetables. See if you can eat all the veggies over the course of the day! | Eat the rainbow, find five fruits or vegetables for each color of the rainbow. See if you can eat all the colors in one day! | Find the nutrition label of your favorite food. Can you determine if that food is healthy or not? |
| Write 5 things you like about the people you live with. Leave it on their pillows so they find it when they go to sleep. | Find a calm song to listen to. Listen to it 5 times with your eyes closed.. See if you can hear new things in the song.. | Put the name of a charity you like on a jar.. Every time you have spare change put it in the jar. When it's full, donate the money. | Take a moment and write down 5 Things you can see 4 Things you can feel 3 Things you can hear 2 Things you can smell 1 Thing you can taste | Attach pieces of string at different heights and locations in a hallway so that it makes an obstacle course make it through without touching the string. |
| Write a letter to a Relative that you haven't talked to in a while. Tell them about a favorite shared memory and what you have been up too. | Find a comfy place to sit, sit down for 30 minutes in complete, after that reflect on what happened during it. | Paint a rock with a colorful message of kindness. Go for a walk and leave it for someone else to find. | Make a dance to your favorite song. Share it with your family and have a family dance-off! | Put together a jigsaw puzzle. If you want an extra challenge, put the puzzle together upside down. |
| Find and complete a sudoku or crossword puzzle of your choice. | Learn 3-5 Yoga poses, put them together in a routine. Try to do that routine everyday for a week. | With chalk, on the sidewalk write an inspiration message to people that walk by. | With a pen on a piece of paper. Scribble in circles for 60 seconds. Then with markers color in your masterpiece. | Keep a journal of the new types of food you try. Write about what it was like and if you liked. |

