

### A little bit about me...

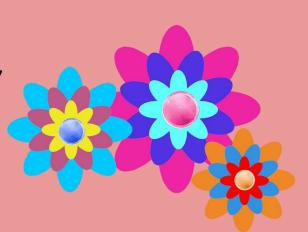
- This is my 1st year with CCPSG and I am excited to meet you all! I am assigned to CCPSG 2 days a week (Wednesday and Friday).
- I am from Columbus, Ohio.
- I graduated from the University of Cincinnati with my Master's in Social Work...Go Bearcats!
- I love to travel! Anywhere with a beach!
- I love watching movies
- I have 3 dogs, 2 aquatic turtles and 2 fish.

#### What do School Social Workers Do?

#### My role includes, but not limited to:

- Advocacy
- Provide attendance intervention
- Coordination and linkage to community resources
- Counseling support
- Crisis intervention
- Conflict resolution
- Parent and family engagement
- Assist with developing coping strategies for stress, anxiety
- Grief and loss support
- Social skills teaching
- Positive school climate support





We are all adjusting to this new normal...we will get through this TOGETHER!

# 12 Home Activities that Build Social Emotional Skills

Play board games and



Go on a mindful walk outside



Writein a journal or diary





Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring





Start an acts of kindness challenge



Organize an area of the house together





Write a selfcompliment list



Use conversation starters to share ideas



Playgames like "I Spy" and "Simon Says"







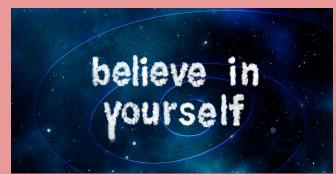


























## Have Questions?

Feel free to contact me at thardy4601@columbus.k12.oh.us

Please be to check out the School Resource

Page under the Families tab for various resource

information!