

# Newsletter from the School Counselor



April 24, 2020

Hello Families,

To have a final answer always calms my mind. For me, knowing is more powerful than having an unanswered question. But, for others, knowing the answer that we are not returning to school this year might be creating a lot of emotions. Feeling disappointed, angry, relieved, nervous, exhausted, or anything in between might bounce around minute by minute. Our children are feeling this, too. However, many times, our children do not have the emotional vocabulary in order to truly explain how they are feeling. This week there are some activities to build this vocabulary. I hope that you find it helpful, so that we can move our children beyond the descriptive words of happy, mad, or sad.

Also, I wanted to share that I will now have Office Hours every Thursday from 1:00-3:00 through WebEx. During this time, you and/or your child can meet with me through this virtual site. You may use the same code each time. You will then enter my “Personal Room”. When you enter, if there are others before you, you will be put into a “waiting room”. Of course, if you would like to meet another day or time, please just use my Google Voice number to text or call or use my email. Both are included below. I have put the availability of the Office Hours into place so that there is always a consistent time/day that I can be reached. Please use it! I would love to talk with our students or respond to a concern that you have through this format. [Ms. Harps Weekly Office Hours Link](#)

Lastly, please remember to use this form if you have a need for resources (counseling, food, utilities, etc.) or your child wants to set up a time to discuss an area of concern. [Student and Family Check-In Form](#)

As always, please reach out if you need support or just want to share a picture of you doing one of the lessons below!

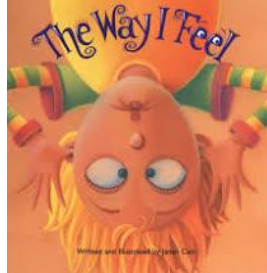
Best wishes,

Melissa Harps  
Clinton and Hubbard Elementary School Counselor  
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Google Number: 614-636-5369

*Office Hours will be every Thursday from 1:00-3:00 in my Personal Room on WebEx. I am also available during regular school hours by texting, phone calls, or email.*

# Activities of the Week

Many times, as our children do not have the words to explain their emotions, they become frustrated due to the other child or adult not understanding them. Having the words sad, mad, and happy in their vocabulary is standard, but it needs to be expanded to fully grow in their social emotional development.



Activity:

- Read the book, *The Way I Feel* by Janan Cain
  - [The Way I Feel by Janan Cain](#)
  - Each page teaches a different feeling word and describes how their body feels when they are having that emotion. The book is colorful and fun with many experiences that are true to life for our children.
  - Discuss how your body feels when you have the different emotions.
  - Help your child name the feeling word when they have that emotion. Example: I can tell that you are frustrated. Your eyebrows are scrunched down, your hands are in fists, and your arms are folded. Is there a way that I can help?
- Primary activities
  - [Sesame Street Emotions Dance](#)
  - [Sesame Street Quiz Show](#)
- Entire family activity
  - Share Our Feelings Bingo- Use the Bingo Board and the words attached. There are empty spots that you may put in other vocabulary words that you wish to add. Have each member of the family write 16 words of their choice on their bingo board. Let one person pull a Feeling Card and if a person has that word they can put a bean, piece of pasta, M&M, jelly bean, coin, etc., on that spot. First one with 4 in a row wins! [Feelings Bingo](#)
  - Zoom Feelings Charades- Use the same Feeling Word from the Bingo Board cards and play charades with friends or family using Zoom. Have fun acting out the different emotions!

### **Social-Emotional Resources**

- Self-care for adults during this time is crucial. Creating a plan for self-care will help enable you to have a better probability of carrying through with your ideas. These ideas are better than eating a bag of chips! (I, of course, am not guilty of this :). [Self-care ideas and creating a plan](#)
- Our older students need to develop strategies for self-care, as well. This will help them as they continue into the tween and teen years. Here are 85 ideas and a printable sheet to hang up in their rooms or on the refrigerator. [85 ideas for Self-Care for Upper Elementary Students](#)
- If you are experiencing domestic violence or abuse you may text the City Attorney Domestic Violence and Stalking Unit at 614-653-8075. Advocates will then set up a time to make a plan for you and your family. [Information on Texting Line for Domestic Abuse](#)

### **Academic Resources**

- If your family needs help with translating to another language, please see below.

*Columbus City School's Language Assistance Center.*

Spanish Help: 614 365 5118  
Somali Help: 614 365 8972  
Nepali Help: 614 365 3105  
French Help: 614 365 5327  
Arabic Help: 614 365

- If your Chromebook is having technical difficulties, a helpline is set up to answer your questions.

Please see here for information on both.

[CCS Chromebook Information](#)

- Brain breaks are needed by everyone! Here is a great set of Brain Break cards you can print, cut out, and use if you or your child need a break! [Brain Break Cards](#)

### **General Family Resources**

- Columbus City Schools parents may pick up a free bag of FRESH PRODUCE during specific days and locations. Click here for the schedule. [Fresh Produce Pick-Up](#)
- Columbus City Schools is working in partnership with Nationwide Children's Hospital to provide Mobile Health Units at South, West, and East High School. [Schedule for Mobile Health Units](#)
- For resources for assistance with food, utilities, mental health support, etc., please look here [COVID-19 Resources for Franklin County Residents.pdf](#)