



Counselor's Corner



Cristina Green, M.S.

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Dear Parents,

It officially has been two weeks since I have seen your children at school, and I miss them dearly. I would like to take a moment to reflect on what I have experienced in those two weeks. As a counselor, I always knew that I enjoyed my job and the place where I worked. But these two weeks have made me realize how passionate I am to be a Lower School counselor at Bayside Academy and interact on a daily basis with your child. I miss the greetings, the stories, the playground time and bluff time.

As a mother of two boys that attend Bayside Academy, I am forever grateful to our teachers. The amount of work put forward in such a short amount of time to get our kids all they needed to continue their learning was impressive. Everything is well organized and easily accessible, and teachers have been available to answer our questions and to chat with our kids.

Finally, I just want to let you know that I can empathize with you. This new normal can elicit a wide range of emotions from frustration, excitement, worry, and everything in between. Like I mentioned in my first video, "Do Your Best and Forget the Rest". Be flexible with yourself and your kids. Aim to finish the daily work, but remember that the most important thing that your child needs is the reassurance that you are there to support them emotionally. Take breaks, go outside, and enjoy the beautiful weather that we have had these past two weeks.

This past week, with the help of the homeroom teachers, I shared a video to your child's Google Classroom or SeeSaw of a book reading. I am hoping to provide your child with a little bit of normalcy, as this is something we would do at school.

I have also had a chance to send happy birthday messages to the students who have had a birthday these past two weeks. If your child will be having a birthday in the upcoming weeks, expect a message from me! :) It is my hope that I will be able to do a virtual birthday lunch bunch once we finalize the best way to reach the students as this could get tricky with our youngest students.

Again, I remain dedicated to serving your family and providing for your child's school counseling needs. I am available to talk to any student that may need a check in. If your child would like to talk to me, please email me (cgreen@baysideacademy.org) so we can schedule a time to chat.

Sincerely,

Cristina Green, M.S.

Lower School Counselor

SELF CARE

This quarantine can add stress to your day. It is important to continue to take care of yourself so you may also take care of your children. Your child will take the lead from you. If they see you stressed and anxious, they will feel the same way. If instead they see you coping with the stress in healthy ways, they are most likely to do the same. The following tips appeared in a Rubina Kapil article titled "How to Care for Yourself while Practicing Social Distancing".

1. Eat healthfully to keep your body in top working order.
2. Exercise reduces symptoms of depression and anxiety.
3. Practice relaxation therapy. Focusing on tensing and relaxing muscle groups can help relax voluntarily when feeling overwhelmed, stressed or anxious.
4. Let light in. For some people, increased exposure to light can improve well-being.
5. Be kind to yourself! Treat yourself with the same compassion you would a friend.
6. Stay connected. Even if you can't get together face to face, you can stay connected to friends, family and neighbors with phone calls, text messages, video chats, and social media.
7. Monitor media consumption. While you may want to stay up to the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music.

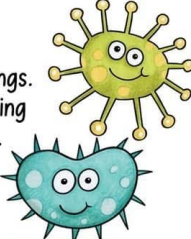
EXPLAINING COVID-19 AND SUPPORTING YOUR CHILD

The Jucky Bug by Julia Cook <https://www.juliacookonline.com/news/>

Brainpop <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Tips for Supporting Children During the Coronavirus Crisis

- Encourage an **open discussion**. Explain what is happening in kid-friendly terms.
- Emphasize that Coronavirus is **less common in children** than adults and often results in only mild cold symptoms.
- **Listen to and acknowledge their worries**. Remind them that you are doing whatever you can to keep them safe and healthy.
- Remember that **they are watching us** and our reactions to this crisis. Our behaviors and feelings mold and form their behaviors and feelings!
- Maintain a **structure and routine** at home.
- Support **creative and outdoor play** in safe settings.
- Teach **healthy coping strategies** such as breathing techniques, grounding, journaling, and drawing.
- View the extra time at home as a gift to spend **quality family time**.
- **Avoid watching the news** in front of them.



Courtesy of Melody Nait

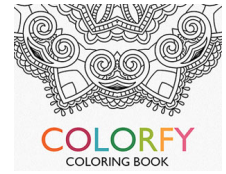
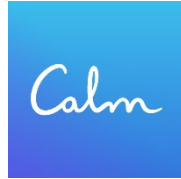
VIDEOS EXPLAINING SOCIAL DISTANCING

Social distancing explained for older children.

<https://www.youtube.com/watch?v=Ypm34dEGa2o>

Social distancing younger kids https://www.youtube.com/watch?v=4ex4H6n_s7w

APPS YOU MAY NEED



RESOURCES

- *The Way I Feel*, Janan Cain -Explores Feelings. A good way to talk about emotions with young kids.
- *Something Bad Happened: A Kid's Guide to Coping with events in the News*, Dawn Huebner -Ages 6-12. How to process different world events.
- Fun video to show your kids. Do you want to learn now?
<https://www.youtube.com/watch?v=dGk6PryOD84>

COMMUNITY OUTREACH

As you talk to your child about social distancing, you may want to explain to them that there are people in nursing homes and rehab facilities that cannot have visitors at this time. However, they are able to receive letters. If your child would like to draw or write a note, please use one of the addresses below:

1. Ashley Taylor (for residents)
3750 Oakwood Lane
Mobile, AL 36608

2. Eastern Shore Rehab and Health Center
To resident in need of a penpal
101 Villa Drive
Daphne, AL 36526

OUTDOOR FUN





CHALLENGE

↳ SCAVENGER HUNT

- (1) Find something you are GRATEFUL for that makes you LAUGH
- (2) Give a KIND compliment to a family member
- (3) Find an INSPIRATIONAL QUOTE & share it with a peer, teacher, counselor, or family member
- (4) ASK someone how they are
- (5) Write a kind NOTE or MESSAGE to a friend
- (6) Tell someone THANK YOU
- (7) Go OUTSIDE and FIND: a plant, something yellow, & something that makes you smile
- (8) Mindfulness 5-4-3-2-1: NAME 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- (9) Write a COMPLIMENT about yourself
- (10) Find something you are GRATEFUL for that brings you JOY
- (11) Go on a 5-10 minute walk and challenge yourself to not use any digital devices: Identify TEN things that start with the letter "R" on your walk
- (12) What is the BEST part of Digital Learning/Remote Learning? Take a SELFIE (or a short video) of you & your response
- (13) FIND something that represents COMPASSION
- (14) Find something you are GRATEFUL for that you just learned/discovered
- (15) As a BRAIN BREAK, do 20 Jumping Jacks, 15 Squats, 10 Lunges, 5 Push-ups

Tag @CounselorsCornerWithMsWalsh