

Oriole Park School

School Counselor Newsletter



May 17, 2020

Hi Oriole Park Families! I'm hoping everyone is doing well and staying safe. If your children still have questions about the Coronavirus I came across two different virtual children books that explain what the Coronavirus is and why it is important that we stay home. They are both listed below under SEL resources.

If your child is having difficulties regulating their emotions, this week I've included a [Calm a Llama Workbook](#). In here you will find strategies for calming down, a feelings tracking tool, calm breathing exercises, etc. It's super cute and helpful so check it out!

As always, please feel free to reach out to me with any questions or concerns. My office hours are Monday - Friday from 9:00 am - 4:00 pm. Please contact me via email to schedule an appointment at:

cmdowding@cps.edu

Stay safe,

Cara Howerter

School Counselor

Grade Bands:	Prek-2nd	3rd-5th	6th-8th
Movement Activities for Students	Kidz Bop Dance	Kidz Bop Dance	The Body Coach for kids Nike Training Club
SEL Resources & Activities	Coronavirus Book for Littles: Why We Stay Home Calm a Llama Workbook	Coronavirus Book for Children Calm a Llama Workbook	Coronavirus Book for Children
Mental Wellness Workbook	Thriving at Home Resource Guide	Thriving at Home Resource Guide	Thriving at Home Resource Guide