

Oriole Park School

School Counselor Newsletter



May 24, 2020

Hi Oriole Park Families! This week I want to recognize all the hard work and effort you have put into teaching and supporting your children from home during the school closure. It can be extremely difficult to manage everything amongst the chaos, but I want you to know that you are all doing your best and everyone at OPS thanks you for all of your efforts! This week under SEL activities I've included various coloring worksheets to serve as mental health reminders and to help keep your children busy!

I know these times can be challenging, especially for our children, and it is understandable that some children are experiencing more worries than usual. So, this week I wanted to include a [Navigating Worries](#) workbook. In here you will find developmentally appropriate ways to explain and understand our worries, ways to measure our worries, how to calm down our worries and other activities such as word searches, journaling and drawing pages. I hope you find this workbook useful!

As always, please feel free to reach out to me via email with any questions or concerns: cmdowding@cps.edu

Warmest regards,

Cara Howerter

School Counselor

Grade Bands:	Prek-2nd	3rd-5th	6th-8th
Movement Activities for Students	GoNoodle	GoNoodle	The Body Coach for kids Nike Training Club
SEL Resources & Activities	Growth Mindset Coloring Pokemon Self-Regulation Coloring	Growth Mindset Coloring Motivational Coloring Pages	Motivational Coloring Pages
Mental Wellness Workbook	Thriving at Home Resource Guide	Thriving at Home Resource Guide	Thriving at Home Resource Guide