

Oriole Park School

School Counselor Newsletter



May 3, 2020

Hi Oriole Park Families! By now, we are all getting a bit stir crazy in our houses and emotions may be running higher than usual. This is all normal, you and your children are not alone. With heightened emotions, it's important to remember to be kind, and I've included some kindness activities and a kindness challenge for our Middle Schoolers. For Prek - 5th Grade, there are a variety of activities, so pick one or two that meet the interests or developmental needs of your child :)

During the stay-at-home order, it is so important for our children to stay busy and active. I want to highlight the Cosmic Kids app again because it can be a really helpful tool, especially for our younger students. This week, I'm including links for Cosmic Kids Dance, Mindfulness and a special Cosmic Kids message: "How to deal with anxiety and feel better." See the links below.

In addition, as our time at home continues, many children are having to cancel birthday parties and are missing out on many previously planned events and activities. Please checkout this article:

[Handling Your Kids Disappointment When Everything is Cancelled](#)

As always, please feel free to reach out to me with any questions or concerns or 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	Cosmic Kids: Dance Fitness Yoga Cosmic Kids: Mindfulness (Zen Den)	Cosmic Kids: Dance Fitness Yoga Cosmic Kids: How to deal with anxiety & feel better	The Body Coach for kids Nike Training Club
SEL Videos/ Activities for Students	Kindness Activities	Kindness Activities	Kindness Challenge for Teens
Mental Wellness Workbook	Thriving at Home Resource Guide	Thriving at Home Resource Guide	Thriving at Home Resource Guide