

Oriole Park School

School Counselor Newsletter



May 31, 2020

Hi Oriole Park Families! I hope you are all doing well and staying healthy as we approach the end of the school year. I can't believe we are already entering into June! This week I am including a June SEL calendar found [here](#) that includes various social emotional tasks and activities that your children can complete each day.

I am also including a lesson regarding positive self affirmations from our school social worker's google classroom (Ms. Cindy Stelmach). Positive affirmations are a great way to help build self esteem and overcome doubts. Instead of listening to the voice in our head saying "I can't do it," we focus on words that create a positive mindset and the confidence to keep trying. You can find the positive affirmation lesson [here](#) and under SEL resources/activities below. In this lesson, students can identify positive thoughts and beliefs about themselves and create a set of cards to help them remember to keep a positive attitude, which seems especially important during this pandemic.

As always, I am here to help and support you and your children. 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	Positive Affirmations June SEL Calendar	Positive Affirmations June SEL Calendar	June SEL Calendar
Mental Wellness Workbook	Thriving at Home Resource Guide	Thriving at Home Resource Guide	Thriving at Home Resource Guide