

# 3-5th Grade Guidance Distance Learning

Dear Parents,

Below you will find some activities to continue social-emotional growth during this period of distance learning. Any supplies necessary will be attached. I will also be communicating several times per week via email with some tips for this time. Please feel free to reach out with any questions or with any issues you are facing. I am happy to help in any way I can.

Sincerely,

Ally Bayard, LPC

School Counselor

<b>Reflection Journal</b>	<p>In your enrichment folder I sent home a little journal for each of you. Feel free to add pages if you enjoy jotting down your thoughts, or use a journal you have at home! Try finding 5-10 minutes each day to write or draw out some thoughts. No rules, no grading, just a safe spot for you to do a "brain dump."</p> <p>If you're not sure where to start, I will list some prompts below:</p> <ul style="list-style-type: none"><li>-What is one thing you found challenging today?</li><li>-What is something you did that you are proud of today?</li><li>-What took up the most space in your brain today?</li><li>-What do you miss most about school right now?</li><li>-What have you done to stay connected to your classmates/teachers?</li><li>-What has been the best part about doing school at home?</li><li>-What two feelings did you feel the most today?</li></ul>
<b>Create a card for the elderly</b>	<p>Many nursing homes in the area are not allowing visitors during this time. Practice showing kindness in a practical way by creating a card (or two or three) for people in nursing homes. Wish them a happy Easter, offer words of encouragement, or simply a lovely picture. Stick the card in the mailbox to send joy to that population. Each week we will be partnering with a different nursing home. This week we will be mailing to:</p> <p>Grace Health and Rehab 1181 LA-19 Slaughter, LA 70777</p> <p>Send me pictures of your completed cards to be featured on our social media accounts! This is a great activity to do with a sibling!</p>