

PreK3-K 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

Face feeling cards	Parents, in order to continue our development of emotional intelligence, I have included in your packets a handout with "feeling faces." Once or twice each week, pull out this card and explore feeling words with your student. Try phrases like, "What is this friend feeling?" And, "Why might this friend feel [sad/excited/angry]?"
(books at home)	Please read a minimum of one story each week with a focus on feeling words. Whenever appropriate during the story, ask thought-provoking questions such as, "What feeling does Llama Llama have," and "why might he feel [insert feeling word]?" Some character books for feeling discussions include Llama Llama, Franklin the turtle, Gossie the gosling and The Berenstain Bears.
Monster Feeling Matching	Use the monster face cards and feeling face cards to play an emotion-focused matching game! Discuss feeling words. See how many feeling words you can incorporate into your daily language.
Screen time tips	If you are going to use screen time during the day, I encourage choosing cartoons with a focus on character education, such as Franklin, Arthur, Veggie Tales, or the Berenstain Bears.
Create a card for the elderly	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.