

Guidance and "Choose Love", Week 4 - (Chang & Rezendes)

Topic	Type	Monday 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23	Friday 4/24
Managing Stress Activities for Coping/Dealing with Stress	Offline	Connect with Nature Take a walk with your 'ohana and identify different plants that you see.	Create Art Work Draw your favorite place that you feel calm and share it with a member in your household	Recite Positive Affirmations Say or write 5 positive things about yourself	Journal Write about some positive experiences or moments you have had during this quarantine. What is going well? :)	Make a Calm-Down Glitter Jar 1) Find a jar or bottle and decorate it. 2) Fill the bottle 3/4 way with water, then add clear glue, food coloring, and glitter and shake. 3) Seal the lid and you are ready to go!
		Brave Breaths Courage & Brave Breaths Video	Brave Pose Courage & Brave Poses Video	Courage & Affirmations Courage & Affirmation Video	Gratitude Gratitude Video	Gratitude Worksheet Gratitude Worksheet
Choose Love	Online	Journal		Journal	Gratitude Letter	Choose Love Sign Language
	Offline	Write or draw about how Brave Breaths can help you calm down. Then share it with your family.	Teach a member in your household how to do a brave breath and explain how it can help you.	Write 5 positive things about yourself.	Write a letter to someone in your household and tell them why you are grateful for them	Teach someone in your household the motions for Courage, Gratitude, Forgiveness, and Compassion. Then explain each Choose Love ingredient and what it means to you.

Resources
ChooSELoveToThrive https://www.jesselewischooselove.org/chooselovetothrive/
CDC- Stress & Coping https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC
Stop, Breathe & Think https://www.youtube.com/channel/UCkB9zEEqnP9kMlf5VChd99Q

Counseling Check-in Form
How are you doing? Ms. Rezendes and Mrs. Chang want to know...
Counseling Check-in during Distance Learning