



"The Caring Place"

Counseling Update

April 3, 2020



Dear Parents,

This week we learned that we will not be back together "physically" at Ocee again this year. This brought mixed feelings for me as I want to do the right thing for all the people in our community and world. I also know I will miss seeing all of those sweet faces at school! I hope sometime over the next couple of weeks your child can take some time to watch my video of The Invisible String and you can talk together about how we are all connected even when we are not in the same place.

I hope your families stay safe and healthy. Please reach out to me if you need anything during this time.

Be well-

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Ideas for your Child during TeleSchool

- Teach them a new life skill! (how to wash clothes, how to fold towels, how to fry an egg, etc.)
- Help your child find a way they can help someone else. Make a card for a grandparent or another elderly person who is staying home. Facetime with a relative so they can see an adorable face. 😊
- When you read a book or watch a show together talk about the feelings the different characters are having. Why do you think they feel this way? Is there a time when you felt that way? What did you do? What would you do if you saw someone else feeling that way?
- Practice the mindfulness strategies we have been learning this year. Get them to teach you starfish breathing, hot chocolate breathing, noticing your senses, bunny breath, etc. Ask your child which one works best for them and why.
- Try to have a routine. One thing lots of people are missing is the routine of school. It always starts at the same time, and they follow the same schedule each day. Do your best to have a schedule at home. (But don't stress if it doesn't always go as planned 😊)
- Find time to move! Take advantage when the sun is shining and take a family walk or explore outside. Notice the changes happening in nature each day!
- Play a game! Games are great ways for children to learn how to be flexible and deal with anxiety and perfectionism. It takes practice to learn how to lose and not let it ruin your day.



Please send me an email or Tweet if you try some of these! I would love to hear how it goes!

