

STATE BRIDGE CROSSING

COUNSELOR CONNECTION

MONDAY, MARCH 30 - WEEK 3

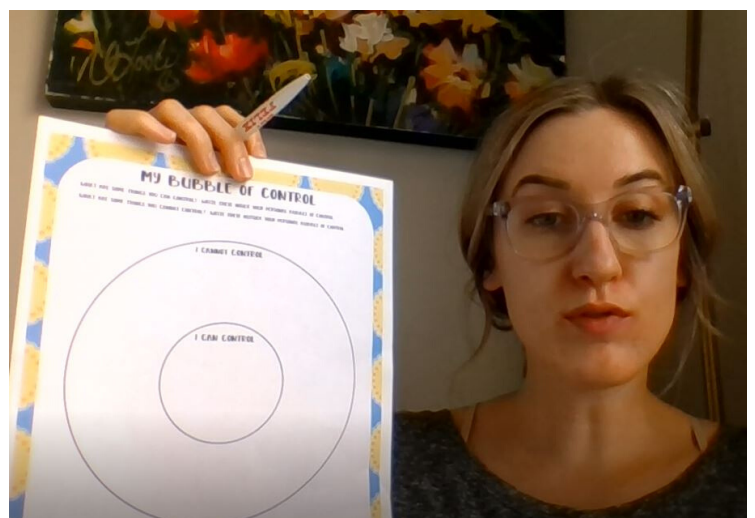
Greetings SBCE family!

During this “teleschool” time, it’s important to me that our kids and families feel like they still have access to their school counselor. In an effort to stay connected, I’ll be sending out a weekly newsletter with different resources, activities, and points of conversation for our kiddos. This week, the focus is on worries and establishing a sense of control.

Weekly Video

These videos will include an explanation of resources and activities in the Counselor Connection newsletter.

Take a few minutes to watch these videos with your student and try completing the activities together!

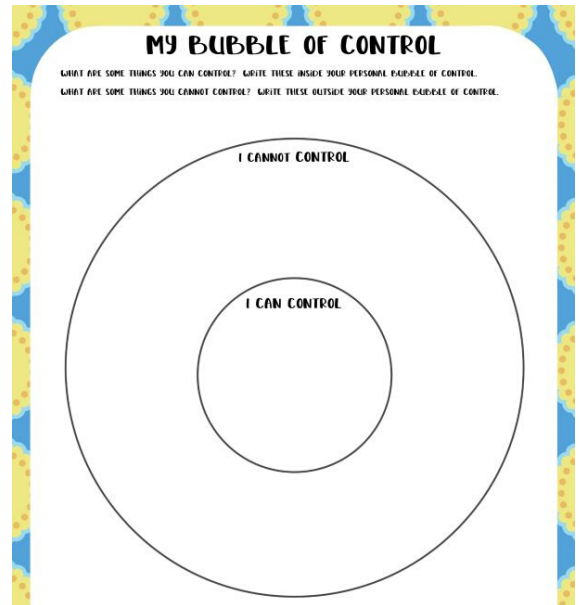


[Click here to view the video!](#)

Bubble of Control

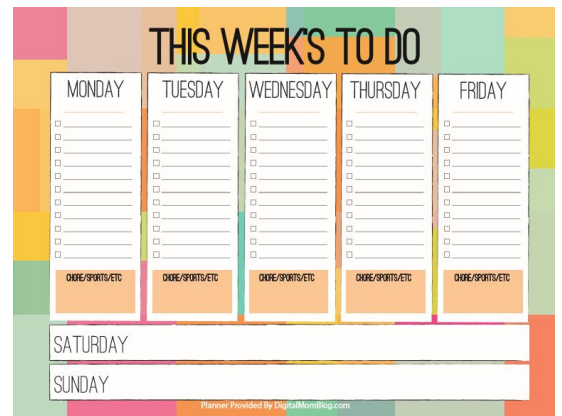
Your child may have expressed various concerns or fears to you. When will we go back to school? What if someone I love gets sick? When will I get to see my friends again? The truth is, you may not have answers to all of your child's questions.

Help your student list out all of their worries. Then, help them sort out what is in their control and what is not in their control.



Create a Calendar

Kids feel a sense of control when they know what to expect. Consider making a daily schedule for them and allowing them to have some say in what that schedule looks like. Some families may not be able to guarantee that breakfast, lunch, and dinner will always be at the same time. That's ok. A loose schedule is still beneficial. Have your student create a calendar for the week and let them add at least one activity per day. As simple as it sounds, this will help your child feel like they know what's coming next.



Additional Links

[SBCE Teleschool Counselor Page](#)

[Check-In Request Form](#)

[Tips for Parents During COVID-19 Pandemic](#)