

STATE BRIDGE CROSSING

COUNSELOR CONNECTION

MONDAY, APRIL 20 - WEEK 7

Greetings SBCE family!

I hope you all are doing well! This week, I'd like to focus on **feelings** and how it's possible to have more than one feeling at a time. I know I've had a lot of feelings since we've been out of school and I'm sure you and your student have too. In the video below, I share an activity that can help your child recognize all the different feelings they might be having and in doing so, they can better express them to others. I also address how the feelings they're having at this moment are temporary, and they won't last forever. I encourage your student and YOU to make Feeling Hearts and share them with each other! I would also love to see your student's Feeling Hearts. Feel free to send them to me via email or Class Dojo.

I can't wait to see your Feeling Hearts!

Much Love,
Ms. Howell

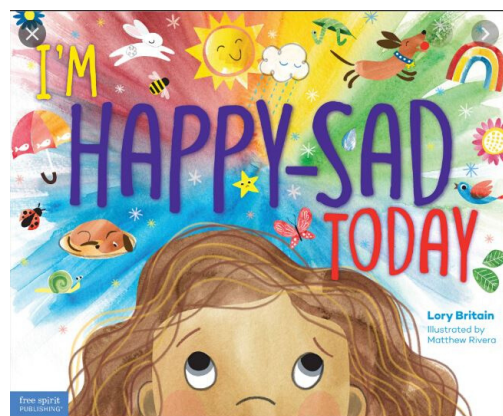
Feelings Hearts



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

"I'm Happy-Sad Today"

This is the book I reference in the video above. It's a great book that talks about having emotions that seem conflicting, like happy and sad, at the same time. You can purchase online or watch a video of someone reading it online. I highly recommend it!



Check-ins with your student!

I am available via phone, Facetime, or Microsoft Teams to talk with your student! Please email or call/text me if you would like me to check-in with your student.
howelle@fultonschools.org / 404-775-4322 (cell phone)

Additional Links

[SBCE Teleschool Counselor Page](#)

[Check-In Request Form](#)

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