

A note from the counselor



I miss you all!

I hope everyone is healthy!

Some hand washing songs: 20 Seconds

- Happy Birthday (2 times)
- If your happy and you know it wash your hands (2 times)
- Row Row Row your boat (wash wash wash your hands)

★Any other Song or chorus that is 20 seconds.★



KEEP
CALM
AND
WASH
YOUR
HANDS



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



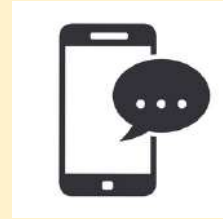
Wash your HANDS!



What can I do if I feel worried?



- ❑ Talk about feelings with a trusted adult. Ask any questions you have.
- ❑ Keep in touch with friends even if you're not in school.
- ❑ Video chat or call loved ones who don't live near you.



What can I do if I feel worried?



- ❑ Try to take slow, deep breaths

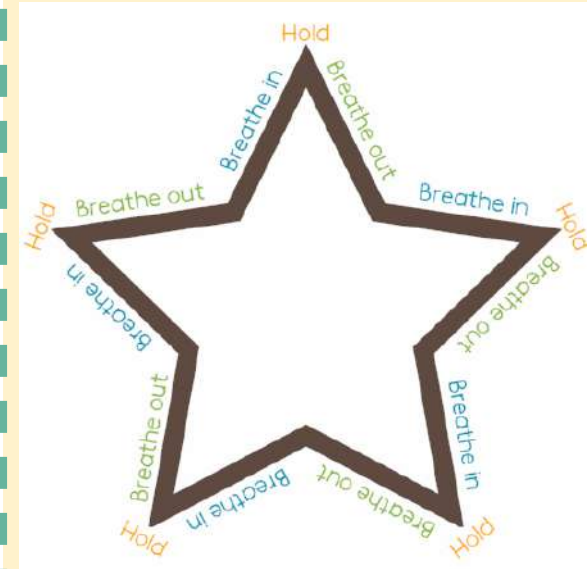
Inhale for 1,2, 3, 4, 5



Hold for 1, 2, 3, 4



Exhale for 1,2, 3, 4, 5, 6, 7



Repeat 10 times!

What can I do if I feel worried?



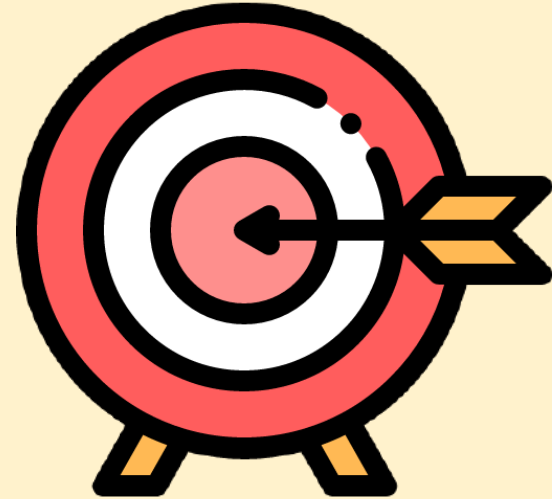
- ❑ Set small daily goals to keep yourself focused on progress you can make.

How much you will read everyday

How many free throws you'll practice

How many kind gestures you'll show your family

Something else meaningful to you



What can I do if I feel worried?



❑ Look for ways to have fun!

Play a board game with your family

Have a dance party

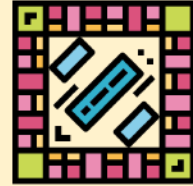
Draw

Paint

Write

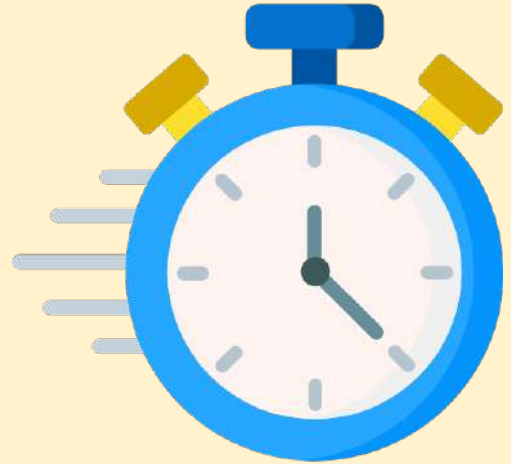
Cook with an adult in your home

Create something Awesome!



Trouble letting go of worries?

- ❑ Set a timer for 3 minutes. Think about your worries all you want during those 3 minutes. But when the timer goes off, worry time is over! Get up, move to another spot in the room or to another room and think about something else.



Trouble letting go of worries?

- ❑ Write your worries on a piece of paper. Then tear or wad it up and throw in the trash can. Say "Goodbye Worries!"

