



Donovan Elementary Counselor Activities

Don't let the COVID-19 invade your Emotional Health.....



Be a WARRIOR, Not a Worrier!



Here are some activities you can do while you are at home.....



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<p>Cooperation: Work together or Alone https://media.celebration.com/pdf/Zoo-U-Cooperation-Work-together-or-alone.pdf</p>	<p>Practice Square Breathing https://media.celebration.com/pdf/Fill-Worry-Cup.pdf</p>	<p>Practice Positive Self Talk https://media.celebration.com/pdf/Positive-Thoughts-Worksheet.pdf</p>	<p>Emotional Regulation Activity https://media.celebration.com/pdf/GRIN-Smart-Not-Smart-Calm-Down-Strategies.pdf</p>	<p>Making and Keeping Friends https://media.celebration.com/pdf/Good-and-Bad-Friends.pdf</p>
<p>Positive and Negative Consequences https://www.celebration.com/stop-and-think/</p>	<p>Match the emotions https://media.celebration.com/pdf/Emotions-Worksheets-Match-the-Emotions-Activity.pdf</p>	<p>Big Emotions vs Small Emotions https://media.celebration.com/pdf/Feelings-Worksheet-Big-vs.-Small-Emotions.pdf</p>	<p>Deep Breaths https://media.celebration.com/pdf/Lester-Deep-Breaths-Emotion-Regulation.pdf</p>	<p>Facts and Assumptions https://media.celebration.com/pdf/Check-It-Out-Facts-vs-Assumptions.pdf</p>
<p>Appropriate and Inappropriate topics https://media.celebration.com/pdf/Zoo-U-Social-Initiation-Appropriate-Topics.pdf</p>	<p>Think It or Say It https://media.celebration.com/pdf/Communication-Activity-Think-Before-You-Speak.pdf</p>	<p>Growth Mindset https://media.celebration.com/pdf/growth-mindset-worksheet.pdf</p>	<p>Be a Social Spy https://media.celebration.com/pdf/Social-Spy-worksheet.pdf</p>	<p>Text a Friend - find someone with the same interests https://media.celebration.com/pdf/Social-Initiation-Finding-Common-Interests.pdf</p>