

Oakbrook Middle School Counseling

Social/Emotional Distance Learning Activities for Students

Lesson 1: [Developing a Positive Attitude](#)

Lesson 2: [Being Accountable](#)

Lesson 3: [Handling Stress](#)

Lesson 4: [Managing Your Time](#)

Lesson 5: [Taking the Initiative](#)



stay 
healthy
helpful
& calm

Questions? Please refer to our [Oakbrook Middle School Counseling website](#).