

Helpful Activities from Your School Counselors 3/20-3/31

Social	Emotional	Academic	College/Career	Topics of Counseling Interest
<p>Have a conversation with someone about whether spending time on Social Media increases stress or relieves stress.</p>	<p>In a journal or on a sheet of paper, draw a type of weather that expresses how you feel inside today with all that is going on around you. Explain <i>I.e. Sunny = happy</i> <i>Cloudy= glum</i> <i>Raining= Sad</i> <i>Stormy = Angry</i></p>	<p>During this time at home, practice managing your time. Create a schedule that you can follow. Make time for school work, relaxation, and family.</p>	<p>Write down 5 questions you have about college.</p>	<p>Click on the link below to find out who Erin is. https://youtu.be/5Y4Scon4xxk If you watched this video, please email your grade level counselor and let him/her know. 6- gmcneish@dorchester2.k12.sc.us 7- ldavis@dorchester2.k12.sc.us 8- dasimmons@dorchester2.k12.sc.us</p>
<p>Send a friendly message to someone you are not able to see and let him/her know that you are thinking of him/her.</p>	<p>Sing a song that makes you happy or fills you with joy.</p>	<p>Take this time of isolation to reflect on your school year. What are some things you could have done differently?</p>	<p>Interview someone who attended/graduated from college. Ask them the questions you wrote down. Do you think college is a good fit for you?</p>	<p>Click on the link below for some fun tips for relaxation and reducing stress. https://www.verywellmind.com/tips-to-reduce-stress-3145195</p>
<p>Take this moment to communicate the old-fashioned way and write a letter to someone. Get their address and make sure you have a stamp.</p>	<p>Today, take a moment to observe a person nearby. What is their mood? What stressors might he/she be experiencing? Once you have observed, show empathy by doing something he/she might enjoy.</p>	<p>Show appreciation to one of your teachers by sending him/her an email about why you appreciate and maybe even miss him/her.</p>	<p>Go to SCOIS through your Clever account. Watch a video of a career that interests you. If you aren't certain about a career, visit your survey results to see your areas of interest. If you watched this video, please email your grade level counselor and let him/her know.</p>	<p>Click on the link below for some time management tips and video. https://www.edarabia.com/time-management-tips-students/</p>