

# Counseling Newsletter

## PATTERSON ELEMENTARY

Dear Patterson Families,

I hope you are all doing well! It has been wonderful to "see" our students again and get to talk with many of you. Please see the attached activities and resources. I hope they provide your children and family with fun-filled quality time!

As always, please do not hesitate to reach out if there is anything I can do to support your child(ren) and family!

Warmly,

Meghan Schultz-Rathbun, NCC  
School Counselor  
480-224-3609

**Click to view!**  
**Google Site**

**Virtual Calming**  
**Room**

Click the links below to view  
the resources



Crayola At-Home Activities  
(Coloring and Crafts)

"12 Free Online Exercise  
Resources for Kids Dance, Yoga,  
Conditioning, and more!"



Boredom Busters: 110 Fun At-Home  
Activities for Families & Kids

At Home Play: Parenting Tips & Resources:  
Activities and Resources include Sensory  
Activities, Creative Art Activities, Music &  
Movement, Theater, Early Literacy &  
Storytimes, Health & Wellness, and Stem  
Activities.



# 12 Home Activities that Build Social Emotional Skills

www.thepathway2success.com

Pathway  
2 SUCCESS

Play board games and sports



Go on a mindful walk outside



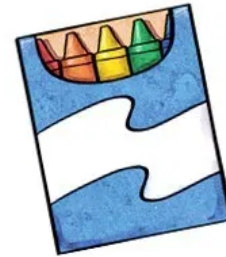
Write in a journal or diary



Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring

Talk about characters' feelings in a movie



Start an acts of kindness challenge



Organize an area of the house together



Write a self-compliment list



Use conversation starters to share ideas



Play games like "I Spy" and "Simon Says"