

# Counseling Newsletter

## PATTERSON ELEMENTARY

DEAR PATTERSON FAMILIES,

I hope you all had a great weekend! I wanted to send some additional free resources and activities to help support your children and family during this time at home.

Please do not hesitate to reach out if I can support you in anyway!

Phone: 480-224-3609

Email: [schulzrathbun.meghan@cusd80.com](mailto:schulzrathbun.meghan@cusd80.com)

Sincerely,















Meghan Schultz-Rathbun, NCC  
Patterson School Counselor  
[Resources and Support page](#)



# Virtual FEELINGS SCAVENGER HUNT



Self-Awareness Edition

-  Something that makes you feel happy 
-  Something that you are proud of 
-  Something you like to do when feeling silly 
-  Something that reminds you of someone who makes you feel loved 
-  Something you do or use to calm down when feeling mad 
-  Something that tells about a time you were brave 
-  Something or someone that you feel grateful for 

[www.constantloveandlearning.com](http://www.constantloveandlearning.com)



[Second Step: Social-Emotional Learning Activities:](#)  
There are a number of Second Step Activities online for children ages 5-13. Many are adaptable for remote learning or for families to do with their children.

[National School Choice Week:](#)  
100+ Free resources to help when educating at home. This website offers academic, social-emotional, and free time activities.



[Supporting Families During COVID-19:](#)  
Child Mind Institute offers resources to help manage behavior and emotional needs.

[How to Talk to Your Kids About Coronavirus:](#)  
PBS offers free videos and games.





[One-on-One Time:](#)  
COVID-19 Parenting Tips.

[Resources for Families During the  
Coronavirus Pandemic:](#)

Free Apps for education, games, videos,  
time management, etc.



[Simple Activities for Children and  
Adolescents:](#)

Activities for children and adolescents  
with no screen time.