
COUNSELING NEWSLETTER

Patterson Elementary

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Dear Patterson Families,

I hope you are doing well! I want to continue to support your child(ren) and family through this upcoming year and all the challenges it may bring. Please see the attached activities and resources. I hope they are able to bring your family some quality time together!

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

Warmly,

Meghan Schultz
School Counselor
Patterson Elementary School

Get to know your family better by making meal time "technology free" and using these conversation starters!



"34 Conversation Starters for Your Family"

Keep your kids active and engaged!

Playworks created a Play at Home Playbook, along with free video tutorials and games that follow CDC guidelines and can be played at home with little to no equipment.

Click the picture below:



Watch this video on talking with your children about their feelings and helping them to journal!



"Exploring Feelings"



Ways to connect with your child(ren) and build their social emotional skills!

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"