



Counseling Corner

Week of 4/27/2020

Great Family Activity Reduce Stress and Anxiety by Reading Aloud

Reading aloud can help you and your family concentrate on the present moment.

1. Pick a poem or a fictional book that you and your child might enjoy!
2. You can read one-on-one with your child or you could make it a family activity. Take turns reading parts of the book or poem.
3. After reading parts of the book, discuss what you have read.
4. You can also read aloud by yourself; this will help you concentrate on the moment and reduce stress and anxiety.

Studying Tips!

This is a great resource for ideas of how to study while at home!

https://blog.prepscholar.com/daily-schedule-distance-learning?utm_source=hs_email&utm_medium=email&utm_content=86535859&hs_enc=p2ANqtz-94McW0njA45-Vggx8gprqIYIREFcapgNXWROXSsjz7_LZ2KCxfBP-REbkHKEK71X-uh0mfx90SoUiGdngvppdjdunJGQQm4IBXiTn4qfujkqo4VTg&hsmi=86535859

peace.

it does not mean to be in a place where there is no noise, trouble or hard work. it means to be in the midst of those things and still be calm in your heart.

(unknown)

**READING GIVES US
SOMEPLACE TO GO
WHEN WE HAVE TO
STAY WHERE WE ARE.**

- MASON COOLEY

If you need to contact one of the counselors here are the emails:

Melba Holloway: mdholloway@pelhamcityschools.org

- 6th grade
- 7th grade (last names) A-L

Laura Cochran lcochran@pelhamcityschools.org

- 7th grade (last names) (M-Z)
- 8th grade

Things for teenagers to do during quarantine:

1. Make a music video
2. Clean out a closet and collect donations!
3. Visit Carlsbad Caverns. See link below:

<https://artsandculture.withgoogle.com/en-us/national-parks-service/carlsbad-caverns/natural-entrance-tour>