



**STUDENT SUPPORT SERVICES K-8 GUIDANCE DEPARTMENT
2020 SUMMER ACTIVITIES & RESOURCES**

THE PURPOSE OF THIS DOCUMENT IS TO IDENTIFY ACTIVITIES AND RESOURCES FOR STUDENTS AND THEIR FAMILIES TO SUPPORT SOCIAL-EMOTIONAL NEEDS DURING THE SUMMER BREAK.

ELEMENTARY SCHOOL ACTIVITIES AND RESOURCES

Please select **one** activity each week to complete. Have fun and feel free to share what you are learning with others using the K-8 School Guidance Google Classroom class code **mmpq2ec**.

Week	Activity #1	Activity #2
June 22, 2020	<p>Calm Down Yoga</p> <p>Skills Targeted: Managing Emotions; calming down strategies</p> <p>How to Try it: Don't worry if your family hasn't tried yoga before; use the link below for images and descriptions as a guide. Focus on using movement to invite calm into your house. You can even make a poster together, or print it out, to practice whenever you want.</p> <p>Resource: https://childhood101.com/yoga-for-kids/</p>	<p>Stress Ball</p> <p>Skills targeted: Coping skills</p> <p>How to Try it: Does squeezing something help you focus? Help you destress? Have you ever tried a stress ball? Do not worry if you do not have one because you can make your own stress ball! It is simple and there are not a lot of materials you need. Take a look at the YouTube video to help guide you. Have fun!</p> <p>Resource: https://www.youtube.com/watch?v=ndp2gq6wveM https://www.youtube.com/watch?v=ZW35nLctKYI</p>
June 29, 2020	<p>Finding Your Space</p> <p>Skills Targeted: Emotion Management; calming strategies</p> <p>How to Try it: Throughout the week, take a picture of 5 things/places that make you feel calm and comfortable. If you are having trouble finding a place that is calming to you, try downloading this free app to view peaceful scenes and calming sounds</p> <p>Resource: https://www.calm.com</p>	<p>Mindful Breathing</p> <p>Skills Targeted: Mindfulness,</p> <p>How to Try it: Blow bubbles outside by taking deep breaths. Concentrate on your breath and see how big you can get the bubbles to be. How did it feel? How big can you get the bubbles to be? How little can you get the bubbles?</p> <p>Resource: https://www.thepathway2success.com/mindful-breathing-activities-for-kids-teens/</p>

<p>July 6, 2020</p>	<p>Perseverance</p> <p>Skills Targeted: problem solving skills, perseverance</p> <p>How to Try it: Try a new activity this week (baking/cooking, yoga, a sport, playing chess). Remember, sometimes it takes a few tries to get it right. Even professionals need to keep practicing in order to keep up the skills they have. Check out the short Disney Pixar film, ‘Piper’, found below. With a little perseverance and problem solving, eventually you can succeed!</p> <p>Resource: https://www.youtube.com/watch?v=qAIRXlckfMA</p>	<p>Spread Kindness</p> <p>Skills Targeted: positive self-talk, building empathy,</p> <p>How to Try it: Throughout the week, make a list of positive phrases you can say to yourself. Try to come up with 7 positive phrases (one for each day of the week). Now spread the positivity to people in your family, leave a post-it note on the fridge, send them a text, write with chalk on the driveway....</p> <p>Resource: https://www.randomactsofkindness.org/kindness-quotes</p>
<p>July 13, 2020</p>	<p>Showing Gratitude</p> <p>Skills Targeted: showing gratitude, having empathy</p> <p>How to Try it: Pick someone to show gratitude towards this week. Show you are grateful for them in at least 2 ways throughout the week.</p> <p>Resource: https://www.success.com/7-simple-ways-to-spread-kindness/</p>	<p>Calm Down Corner</p> <p>Skills Targeted: managing emotions; calm-down strategies</p> <p>How to Try it: Have you ever needed some space from someone or something? A place where you could go to relax and get away from whatever and whoever it is that is causing you strong emotions? Well, you can create that space, or even a ‘corner’. Think of some things that you can do to help calm you down and relax you. Make a poster and draw images that represent those coping skills and tape it up in a comfy corner somewhere you can go to practice them. If you need some help with some ideas, check out the website below.</p> <p>Resource: https://www.socialemotionalworkshop.com/2018/08/make-calm-corner-work/</p>
<p>July 20, 2020</p>	<p>Window Art Kindness</p> <p>Skills Targeted: Social awareness</p> <p>How to try it: Draw a cheerful picture and</p>	<p>Found Object Art</p> <p>Skills Targeted: Relationship building, mindfulness, decision making</p>

	<p>hang it in your window for everyone to see.</p> <p>Resource: https://www.youtube.com/channel/UC6h5IetVY4aw1_wJNVFh1Xw</p>	<p>How to try it: Go for a walk with your family and on that walk, find 5 interesting objects to make a creative art project with.</p> <p>Resource: https://www.storey.com/article/art-project-kids-found-object-sculpture/</p>
July 27, 2020	<p>Letter writing</p> <p>Skills targeted: Empathy</p> <p>How to try it: Write a letter to a friend or family member. Getting a surprise letter will help make someone smile.</p> <p>Resource: https://www.journalbuddies.com/journal_prompts_journal_topics/letter-writing-prompts/</p>	<p>Clouds</p> <p>Skills targeted: Mindfulness</p> <p>How to try it: Lay on a blanket in your yard and set a timer for 5 minutes. Look up at the clouds. What do you see in the cloud formations and how does it make you feel? Share with your family.</p> <p>Resource: https://www.apperson.com/teach-talk/10-activities-to-help-students-explore-emotions</p>
August 3, 2020	<p>What makes you happy?</p> <p>Skills Targeted: Self Care, self awareness</p> <p>How to try it: Treat yourself with some self care by doing something that makes you happy. Will you watch your favorite show, play a game, listen to music?</p> <p>Resource: https://www.communityaccessnetwork.org/how-to-teach-your-children-about-self-care/</p>	<p>Goals</p> <p>Skills targeted: Self-management</p> <p>How to try it: Set a goal that you want to accomplish this week. Keep track of it and celebrate when you reach it.</p> <p>Resource: https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children</p>
August 10, 2020	<p>Listen to Your Heart</p> <p>Skills Targeted: Be true to yourself</p> <p>How to try it: Read the story Howard B. Wigglebottoms Listens to his Heart. Write a list of things you love to do and then each week pick one activity to do.</p> <p>Resource: https://wedolisten.org/</p>	<p>Anger Management</p> <p>Skills Targeted: Managing angry feelings</p> <p>How to try it: Read the story Howard B. Wigglebottoms Learns it's Ok to Back Away. Create a list of 5 ways to calm down and then highlight your favorite 2.</p> <p>Resource: https://wedolisten.org/</p>

<p>August 17, 2020</p>	<p>Meditation</p> <p>Skills Targeted: Letting go of busy thoughts and calm your mind</p> <p>How to try it: Listen to the Mind Yeti video Hello Thoughts: Listen. Sit in a quiet place and try to notice all your thoughts. Then focus on watching them float away while you calm your mind.</p> <p>Resource: https://www.mindyeti.com/</p>	<p>Meditation</p> <p>Skills Targeted: Learning how to calm your body and relax.</p> <p>How to try it: Listen to Mind Yeti Hello Body: Listen. Sit in a quiet place and notice how your body feels. Then focus on relaxing each part of your body and allow yourself to be calm.</p> <p>Resource: https://www.mindyeti.com/</p>
<p>August 24, 2020</p>	<p>Growth Mindset</p> <p>Skills Targeted: Learning to think positive</p> <p>How to try it: Write and draw what you like about yourself and put them in a place you can see every morning when you wake up.</p> <p>Resource: https://www.thepathway2success.com/10-selected-activities-for-home/</p>	<p>Power of Yet</p> <p>Skills Targeted: Growth mindset versus a fixed mindset</p> <p>How to try it: Come up with a list of things you may not be good at yet or something you want to get better at. Then add the word yet to the end. For example I am not good at running. I am not good at running YET! Watch this music video of the Power of YET!</p> <p>Resource: https://www.youtube.com/watch?v=J6CnrFvY94E</p>
<p>August 31, 2020</p>	<p>Glitter Jar</p> <p>Skills Targeted: Emotion Management</p> <p>How to try it: Watch this video of how to create and use a glitter jar. https://www.youtube.com/playlist?list=PLIHBeAcVh4jPUvXjfV0F09GdDDaww0RnU. If you have the resources try and make your own.</p> <p>Resource: https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/</p>	<p>Mindful Coloring</p> <p>Skills Targeted: Emotion Management</p> <p>How to try it: Print out some madalas and quietly color them to help you relax. You can even listen to music while you color.</p> <p>Resource: http://www.supercoloring.com/coloring-pages/arts-culture/mandala</p>

MIDDLE SCHOOL ACTIVITIES AND RESOURCES

Please select **one** activity each week to complete. Have fun and feel free to share with others what you are learning using the K-8 School Guidance Google Classroom class code **mmpq2ec**.

Week	Activity #1	Activity #2
June 22, 2020	<p>Guided Meditation</p> <p>Skills Targeted: To achieve mental, emotional and physical healing and stress relief.</p> <p>How to try it: Before you begin, dim the lights and find a comfortable place. Take a deep breath and give yourself plenty of time to complete this activity.</p> <p>Resource: https://www.youtube.com/watch?v=uPNHZTe6doA</p>	<p>End of the Year Letter</p> <p>Skills Targeted: Reflection</p> <p>How to try it: Reflect on what you've learned during the school year by writing a letter to your future self.</p> <p>Resource: https://www.cfchildren.org/blog/2019/05/middle-school-year-end-reflection-summer-letter/</p>
June 29, 2020	<p>Stress Ball</p> <p>Skills Targeted: Coping skills</p> <p>How to try it: Stress balls can help to remind you to breathe and relax while going through a stressful or tough moment. Hold the stress ball in your palm and squeeze it as hard as you can. Hold for 3-5 seconds, then relax. Repeat 10 times, rest for 1 minute, then repeat with the other hand.</p> <p>Resource: https://healthpoweredkids.org/lessons/stress-no-body-needs-it/</p>	<p>Glitter Jar</p> <p>Skills Targeted: Mindfulness</p> <p>How to try it: Sometimes we have really big feelings that may be mixed up because we are angry or sad. Tell your kids that sometimes we have really big feelings. When you have these feelings you can take a mindfulness break to let your feelings settle. Shake the glitter jar and watch it swirl all over. As you remain still and breathe watch the glitter settle!</p> <p>Resource: https://www.mindful.org/how-to-create-a-glitter-jar-for-kids/</p>

<p>July 6, 2020</p>	<p>Kindness Rocks</p> <p>Skills Targeted: Social Awareness</p> <p>How to try it: Paint and write powerful messages to help make someone’s day better!</p> <p>Resource: https://www.thekindnessrocksproject.com/howto</p>	<p>Mindful Snack</p> <p>Skills Targeted: Self-Awareness</p> <p>How to try it: Have a ‘mindful’ snack by describing the smell, texture and taste of the food. You can even slow down by having a snack in ‘slow motion’ and take notice of the taste throughout.</p> <p>Resource: Kitchen</p>
<p>July 13, 2020</p>	<p>Free Audible</p> <p>Skills Targeted: Self care</p> <p>How to try it: Take time for yourself! Audible is offering free stories!</p> <p>Resource: Audible is Offering Free Stories!</p>	<p>Teen Yoga</p> <p>Skills Targeted: Self Care</p> <p>How to try it: Check out the YouTube videos below!</p> <p>Resource: Video on Yoga benefits here: YouTube: Watchwellcast What Are the Benefits of Yoga?</p> <p>Try Yoga as a class here: YouTube: Yoga with Adrienne Yoga for Teens</p>
<p>July 20, 2020</p>	<p>Calm Down Coloring</p> <p>Skills Targeted: Self-awareness</p> <p>How to try it: Crayola has every type of coloring page available for free downloads. You can find plants, animals, places, popular TV characters, words and letters, Disney characters and more!</p> <p>Resource: Crayola</p>	<p>Learn to Draw Mickey, Genie, and Elsa!</p> <p>Skills Targeted: Self-awareness</p> <p>How to try it: The classes take anywhere from 10 to 20 minutes, and all you need are a piece of paper and a pencil!</p> <p>Resource: Free Disney Drawing Classes!</p>
<p>July 27, 2020</p>	<p>Journaling</p> <p>Skills Targeted: Reflection</p> <p>How to try it: This is a great method for writing down your emotions and feelings. You can review it at the end of the day for reflection</p>	<p>Mindfulness Breathing</p> <p>Skills Targeted: Mindfulness, Coping Skills, Managing Emotions</p> <p>How to try it: There are lots of different ways to take deep breaths. Using shapes can be a more playful way to keep track of your own breathing</p>

	<p>Resource: 1 Second Everyday App</p>	<p>and slow down.</p> <p>Resource: https://youtu.be/6hSkmmNU7PM</p>
August 3, 2020	<p>Growth Mindset</p> <p>Skills Targeted: Improve positive thinking</p> <p>How to try it: Have you ever thought “I can’t do it” or “This is too hard” This activity will help train your brain to be more positive and open to challenges.</p> <p>Resource: https://assets.ctfassets.net/p0qf7j048i0q/3Ksved23rc5yVs9vnkMta8/57479cddd2c0e5150e12c41242a627fe/Try_Saying_Something_Else_Understood.pdf</p>	<p>Gratitude Journal</p> <p>Skills Targeted: Self-awareness and self-management</p> <p>How to try it: This daily time to express gratitude allows for you to reflect on your life and focus on positive aspects!</p> <p>Resource: https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/gratitude-journal-for-kids.html</p>
August 10, 2020	<p>Write a Letter or Draw a Picture for a Loved One</p> <p>Skills Targeted: Relationship skills and self-awareness</p> <p>How to try it: Who is someone that makes you feel grateful? Someone that you are really glad to have in your life? Who is someone that you think would love to hear from you? Someone whose days you could brighten? Would you like to write them a letter or draw them a picture?</p> <p>Resource: https://www.youtube.com/watch?v=Uva43a7-zsQ</p>	<p>Brain Break-Grounding</p> <p>Skills Targeted: Self-awareness and self-management</p> <p>How to try it: When we experience strong emotions, our body responds. Short activities that give our brain a break, so you can learn a bit more about your body!</p> <p>Resource: https://www.youtube.com/watch?v=B5fX6NYWczU</p>
August 17, 2020	<p>Coping Skills Box</p> <p>Skills Targeted: Emotion Management</p> <p>How to try it: A Coping Skills Box is a box filled with objects that can help you to regulate your mood, increase focus, and/or self soothe as needed. You can create your own Coping Skills Box by using markers to</p>	<p>Mindfulness 5-4-3-2-1</p> <p>Skills Targeted: Mindfulness, coping skills, and self-regulation</p> <p>How to try it: Practicing mindfulness, which is a skill that helps us stay calm and in control. Try this fun exercise! Look around their room to find 5 things you can see, 4 things you can touch, 3</p>

	<p>decorate a cardboard or shoebox you may have laying around. You can write a list of your favorite coping skills on the outside, and fill the inside with things like Play-Doh, small puzzles, fidget spinners, cards that prompt stretching/ yoga poses, art supplies, and so much more! Keeping a toolkit like this in a handy place is a great reminder to utilize healthy skills when you or anyone else in your family is feeling stressed.</p> <p>Resource: How to Make a Coping Skills Box</p>	<p>things you can hear, 2 things you can smell, and 1 thing you can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset when needed.</p> <p>Resource: https://www.thepathway2success.com/10-sel-activities-for-home/</p>
August 24, 2020	<p>Optical Illusions</p> <p>Skills Targeted: Perspective-taking</p> <p>How to try it: Find and view any optical illusions online. First, think about what you see and write it down. Then, share with one of your family members. Optical illusions are like situations; sometimes you and someone else can see the same situation in different ways.</p> <p>Resource: https://www.teacherspayteachers.com/Product/Perspective-Taking-Social-Skills-Lessons-3627307?utm_source=www.thepathway2success.com&utm_campaign=SEL%20Activities%20for%20Home</p>	<p>Board Games</p> <p>Skills Targeted: Turn-Taking, sportsmanship</p> <p>How to try it: Use any board games you have on hand, such as Monopoly or Candy Land. These games can help support a number of skills, including taking turns, having conversations, and showing good sportsmanship.</p> <p>Resource: https://www.thepathway2success.com/using-games-to-teach-social-emotional-skills/</p>
August 31, 2020	<p>Someday Soon Jars</p> <p>Skills Targeted: Coping Skills, Emotion Management</p> <p>How to try it: Just because we are currently limited in what we can do, and where we can go, does not mean that things will be this way forever. Try creating a “Someday Soon Jar”. Create a list of things that you would like to do, places you would like to go, things you would like to learn,</p>	<p>Create your Family Tree</p> <p>Skills Targeted: Empathy, Perspective- taking</p> <p>How to try it: Ancestry allows families to explore their history together. Students can become their own historian, build their family trees or learn about specific moments in time. Their paid service is now available for free.</p> <p>Resource: Ancestry</p>

	<p>etc. You and your family can add to your list of things that you will do when the social distancing is over. Write each one on a piece of paper and put it into the jar. As social restrictions are lifted, go back to the papers and read what you have listed...you may be surprised and be able to complete some of them. Turn your frustration into anticipation!</p> <p>Resource: Someday Soon Jar Art Project</p>	
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STUDENT SUPPORT SERVICES DEPARTMENT

The K-8 guidance counselors are not available during the summer break (June 19, 2020-August 31, 2020). However, if you are in need of support during this time, please contact the department supervisor, Dr. Saskia Brown using the information below. She will respond to all inquiries within 24 hours, Monday-Thursday between the hours of 7:30am-3:30pm.

If it is an emergency situation, please call 911!

Name	Role	Contact Information
Saskia Brown	Supervisor of Pupil Personnel Services	saskia.brown@sparta.org (862) 260-4544
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