

Counseling Connection

Dufur School District - Elementary Edition

Virtual Tours Around The World

This week our theme of virtual travel continues with some sights and attractions here in the US, around the world and even beyond. Enjoy!

United States:

The White House – Washington, DC, USA

Thanks to Google Maps Street View, we get to see the interiors of the most famous address in the United States; 1600 Pennsylvania Ave, or The White House. **Walk the public spaces**, see the artwork and portraits of past presidents, enter the red room, green room, and more.



The Statue of Liberty – New York, New York, USA

This virtual tour will give you unprecedented access to one of the world's best known, beloved, and inspiring symbols; The statue of "Liberty Enlightening the World."

Kenai Fjords National Park – Alaska, USA

Kenai's **virtual tour** lets you kayak through majestic icebergs, explore glaciers and descend into their icy crevasses, and get panoramic views of its fjords.

Hawai'i Volcanoes National Park – Hawaii, USA

One of Hawai'i's most famous national parks is also accessible online. Their **virtual tour** lets you fly over an active volcano, enjoy the stunning view from the volcanic coastal cliffs, and see the effects of a volcanic eruption from 1959.

360 Panoramas of Cities and Natural Landmarks:

360 Cities **Play with the website's map** to peek at the thousands of 360-



This Week's Social Emotional Learning Activity:
Feelings Scavenger Hunt

Skills targeted: self awareness, kindness and self confidence

How to try it: This is a really simple activity. We have done a scavenger hunt with the kids during our zoom meetings and it was one of the favorite games that we have done.

Try this activity as a family! The list for your Feelings Scavenger Hunt is on the last page of the newsletter. Have fun!

degree panoramas, videos, and images from all over the world.

Sites in 3D, offers a similar panorama experience but mostly of ancient sites in the Middle East, and Central Asian Region.

AirPano is also great, as most of their 360-degree photos and videos are taken from the air.

International Destinations:

Buckingham Palace – London, UK

Explore the iconic building and official residence of The Queen. Buckingham Palace has been at the center of many moments of national celebration. **The Buckingham Palace virtual tour** will take you to the Grand Staircase, the White Drawing Room, the Throne Room, and the Blue Drawing Room.

Tour the Great Wall of China

Take **a tour of the Great Wall of China** is available for anyone who's ever wanted to visit this wonder of the world.

RESOURCES:

Local Resources:

Mid-Columbia Center for Living: 1-888-877-9147 for 24/7 for crisis support. Visit www.mccfl.org/services/mental-health/crisis/ for more info.

DHS Child Abuse Hotline: 1-855-503-7233

HAVEN: Serving victims of Domestic Violence and Sexual Assault, 541-298-4789 or 1-800-249-4789.

Lines for Life - Preventing substance abuse and suicide
1-800-273-TALK (1-800-273-8255)

Open Food Pantries:

Dufur School Pantry, Thurs, 3-6 pm.

The Salvation Army, 623 E 3rd St., TD Mon and Wed, 1-3 pm and Tues and Thurs, 3-6 pm.

CGCC Chinook Campus Pantry, 400 E Scenic Drive, TD, Wed and Thurs, 2-5 pm

Get yourself to Mars:

International trips are one thing, but, if you're feeling a bit more adventurous,

you can take a virtual trip to Mars.

NASA partnered with Google to offer **a tour of a 3D replica of the Martian surface** recorded by the Curiosity rover.



Dude's Corner










The Dude is a little sad. He is ready to be back at school with all of you!

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 

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