

2019-2020 Distance Learning Packet
Counseling
Week 2

Parents,

As you learned from last week's handouts our Character Word for the rest of the year is Flexibility. Our animal of flexibility is a hummingbird.

I have started a Facebook page to establish a method of communication during this time. If you haven't already joined our group, please do so by searching for JES Counseling Corral on Facebook. I will be hosting live videos weekly on Wednesdays (time TBA). I will be available during the hours of 9am until 2pm. If you contact me at any other time, I will do my best to get back to you within 24 hours. You may contact me by email at ccarmichael@joneshs.k12.ok.us or by phone at 405-309-2167.

This week our focus is on the first I will of Flexibility: Anticipate change. Change is inevitable. The past few weeks have shown us how quickly things can change. I encourage you to discuss how these changes have affected you and your family during this time. It's normal to be anxious, moody, and upset about the things we aren't getting to do, but conversation is healthy and promotes positive adjustment. Playing games with your child can help pass the time.

One game that helps children learn to predict and adapt for changes in commands and surroundings is Simon Says. This is a game we played frequently in class. I am including a link to a list of commands to use during the game Simon Says. This game is a great way to help your child. It is not about winning or losing but finding a way to anticipate actions and controlling our response. This is a crucial skill for children when processing change in the environment. (During this week's Facebook live we will play a round or two of Simon says)

<https://empoweredparents.co/simon-says-ideas/>

Another game that is great to use when learning to anticipate change is follow the leader. I am including an activity suggested by the character first education website and a link to a video where the Wiggles sing the follow the leader song. The Flexibili-feet activity provides instructions for creating flexibili-feet to use when playing follow the leader. You may not have all of the materials from the list on hand but get creative and adapt. Next week's lesson is about adjusting when needed. You'll be working ahead. ☺

<https://www.youtube.com/watch?v=N9-CNhAuWU>

Every time we have learned a new character word this year, there has been a poem to learn. In the first Wednesday Facebook live video I teach the Flexibility poem. But I am including it with actions in parenthesis for you to help your child learn.

Flexibility Poem (Actions)

I will look for good in changes (Point to eyes then cross hands in front of you)
And will not fuss or fret (brush hands out to the side)

I will hold my plans with open hands (cup open hands in front)
And not get all upset (wave hands beside head)

I will bend where it is needed (put hands together and make snakelike motion)
By not hanging on too tight (pretend to grip rope with both hands)

I will finish what I need to do (brush palms of hands together)
And stand for what is right (stand up straight and tall)

The kids know the rest of the poem

My character (point to self)
is what (shrug)
will make a leader
(salute)
out of me

So next time through (hands on knees)
let's say it (stand straight)
more enthusiastically (raise hands above your head and circle hands)

Remember the most important part of learning is the relationship that develops. Use this time and activities to focus on enjoying the time you have with your child and the bond that is being strengthened. Know that I miss being able to spend time with your child and I'm only an email or phone call away.

Thanks for all you are doing,
Carla Carmichael

Flexibility Activity

FLEXIBILI-FEET (Project, 20 minutes)

Practice changing direction and adapting to change with this fun activity for young children.

Have students trace their shoes onto heavy paper and cut them out. Place a piece of tape on the side edges of both feet and punch a hole through the four pieces of tape.

Thread long pieces of yarn through the holes and tie into large loops to make a handle for each foot. Label footprints "Left" and "Right." Then play "Follow the Leader" around the room, walking in your flexibili-feet. Children must be flexible and change direction according to their leader's instruction.

Supplies: heavy paper, scissors, tape, hole punch, yarn, markers

Points to Ponder:

- Students should be flexible to listen to instructions and change direction when needed.
- Being flexible doesn't mean you do everything someone tells you to do. You can be flexible on many things, but not if you are asked to do something wrong.

