

# School Counseling Home Connection

## Week 1

Use this daily calendar to keep your skills, self care, and academics sharp on days we are learning from home

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Social Skills</b>	<input type="checkbox"/> Call a grandparent or elderly neighbor. Talk to them for 30 minutes. <input type="checkbox"/> Play outside with a friend if you are allowed.	<input type="checkbox"/> Call a friend. Talk on the phone for 15 minutes instead of texting. <input type="checkbox"/> Practice eye contact. Play the "starting game" with someone. First one to look away loses!	<input type="checkbox"/> Play a board game. <input type="checkbox"/> Use the mirror to practice introducing yourself to someone new.	<input type="checkbox"/> Turn off your phone for 2 hours. <input type="checkbox"/> Ask your parents if you can have a friend over for a phone free playdate.	<input type="checkbox"/> Try having a social media-free day. <input type="checkbox"/> Call a grandparent or elderly neighbor. Tell them about your career goals. <input type="checkbox"/> Play Uno, Connect Four, or Checkers with someone.
<b>Self Care</b>	<input type="checkbox"/> Write in your journal <input type="checkbox"/> Do a yoga pose. How long can you hold it?	<input type="checkbox"/> Do a Go Noodle video. <input type="checkbox"/> Ride your bike or take a walk with an adult.	<input type="checkbox"/> Sleep in late if you can. <input type="checkbox"/> Write a journal entry about your best qualities.	<input type="checkbox"/> Watch a Funny movie. <input type="checkbox"/> Color a mandala.	<input type="checkbox"/> Write a journal entry about your career goal. <input type="checkbox"/> Look outside. Find 5 things you see, 4 things you hear, 3 things you smell, 2 things you can feel, 1 thing you can taste.
<b>Organization</b>	<input type="checkbox"/> Clean your room <input type="checkbox"/> Go through your folders. Throw out old papers that you don't need.	<input type="checkbox"/> Wash the dishes <input type="checkbox"/> Organize your cabinets or pantry for your parents.	<input type="checkbox"/> Make a list of school assignments. <input type="checkbox"/> Make a fake grocery list of all of your favorite foods.	<input type="checkbox"/> Clean out your bookbag.	<input type="checkbox"/> Clean your room. <input type="checkbox"/> Make your bed. <input type="checkbox"/> Wash the dishes. <input type="checkbox"/> Organize your drawers <input type="checkbox"/> Help with laundry.

# School Counseling Home Connection

## Week 2

Use this daily calendar to keep your skills, self care, and academics sharp on days we are learning from home

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Coping Skills</b>	<input type="checkbox"/> Make a list of adults you trust. <input type="checkbox"/> Make a list of peers/friends you trust.	<input type="checkbox"/> Practice deep breathing. Breathe in for 3 seconds. Hold it for one. Breathe out slowly. <input type="checkbox"/> Write in your journal.	<input type="checkbox"/> Draw a picture of your favorite happy place. <input type="checkbox"/> Sit quietly and visualize your favorite happy place.	<input type="checkbox"/> Dance for 10 minutes to your favorite music. <input type="checkbox"/> Smile at a family member today for no reason.	<input type="checkbox"/> Choose only healthy snacks today. <input type="checkbox"/> Make a list of your goals. <input type="checkbox"/> Make a list of goals that you've already accomplished.
<b>Academic Skills</b>	<input type="checkbox"/> Read for 20 minutes <input type="checkbox"/> Practice your most hated math skill for 20 minutes	<input type="checkbox"/> Read for 20 minutes <input type="checkbox"/> Practice your most hated math skill for 20 minutes	<input type="checkbox"/> Write for 20 minutes <input type="checkbox"/> Practice your most loved math skill for 20 minutes	<input type="checkbox"/> Write for 20 minutes <input type="checkbox"/> Practice your most loved math skill for 20 minutes.	<input type="checkbox"/> Write a 3-6 paragraph fiction story about the time school closed for 2 weeks.
<b>Relationships</b>	<input type="checkbox"/> Text you best friend and tell him/her why they are your best friend. <input type="checkbox"/> Spend time playing a game with a younger sibling or cousin.	<input type="checkbox"/> Turn off your phone. Have a conversation with your parents about your top 10 favorite things.	<input type="checkbox"/> Challenge yourself to leave your phone off for 2 hours today. During that time, ask a family member what their top 10 favorite things to do are.	<input type="checkbox"/> Think of someone you know who could use a friend. Send them a text or call them to ask how they are doing today.	<input type="checkbox"/> Practice "I-statements in the mirror" (example: I feel _____ when you _____ Could you please _____?)