

*Counselor's Corner - Mrs. Miller
May 2021 - Nautilus Elementary*



LAST DAY OF SCHOOL: May 20, 2021!!!

Webinars for Parents of Elementary Children

Helping Children Manage Emotions Using TOOLBOX

TOOLBOX curriculum was purchased by the Lake Havasu Unified School District to meet the Arizona social and emotional competencies for students in kindergarten through sixth grade. It is based on 12 tools that **anyone** can use to improve managing emotions and social relationships. Go to LHUSD website and choose the school "Nautilus" - under Counselor's Corner there is a link for TOOLBOX. At your convenience, please join elementary counselors Marti Miller, Susie Martin and Sara Chandler as they shared several videos on how you can use the TOOLBOX tools with your children at home. The next release (Part 4) will be available on May 19, 2021. Explore the tools that might help your child learn to solve their own problems and deal with conflict.

<https://nautilus.lhusd.org/counselors-corner>



It is important that children stay active during the summer, both physically active and also mentally active. There are so many benefits of keeping your child busy with fun things to do that also include ways to stimulate their minds. The benefit of play extend to parents too. When parents find moments to pursue fun and joyful activities, they relieve their own anxiety and model for their children the important relationship between playful behavior and health and well-being.

Activities for learning through play

Outdoors:

- Take a bike ride with the goal of finding certain numbers or letters on signs. Plan your route using a map and if appropriate, kids can calculate distance and speed or simply time segments of the trip.
- Go for a walk in a park or forest, counting or naming logs, insects, birds or big rocks. There are many outdoor scavenger hunt ideas available online. If you have access to a nearby pond or river spend some time throwing or skipping rocks.
- Map out streets in beach or playground sand. Recreate routes to your favorite places. Or you could try geocaching – using orienteering skills to find hidden boxes. Take out a prize and leave a new one.

Indoors:

- Using some combination of toys and blocks, create a toy parade, battle or themed party. For example, in your living room or snaking through multiple rooms, you can set up castles, towers or a tea party.
- Play board games or puzzles: These can teach reading, math, logic, turn-taking and social skills. A few ideas include classics like Snakes and Ladders, Monopoly, Trouble, Mancala or newer games such as Blokus, Ticket to Ride and Carcassonne (Junior version or 7+ version).
- Art and creative sorting and sensory projects: Keep cardboard boxes, tubes, and envelopes and give children access to paper, glue, scissors, markers, pens, crayons and colourful items such as buttons, paper clips, ribbons or pipe cleaners. Let kids choose what they would like to create. They will probably surprise you!
- Read riddles or I-spy books filled with hidden objects, or read aloud in a specially created “book nest” of blankets and pillows. Reading aloud is beneficial for little kids and big kids. You can also use car rides as an opportunity to listen to recorded books, available either through your local library or a subscription service (ideas include Roald Dahl’s *BFG*, Virginia Hamilton’s *Time Pieces: The Book of Time*, Gary Paulsen’s *Hatchet*, Jason Reynolds’ *As Brave As You*, Beverley Cleary’s *Ramona*, or classics like *The Hobbit*). There are many free podcasts capturing kids’ interests on a variety of subjects, for instance NPR’s Circle Round.
- Encourage a passion: If your child has always wanted to learn how to sew, carve, design a game or build a Lego world, then this is their time to enjoy those unique passions.