



# Scotland Neck Elementary Leadership Academy

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## SNELA School Counselor Remote Learning Schedule

Time	Tasks	Expected Outcome	Can be verified by checking...	Remarks
8:30-9:00 am	<p>Morning Check-in: Click on the link below</p> <p><a href="https://docs.google.com/presentation/d/1rxBCHXXuufHmrRCKjasqOZsPSCLulbRXU_fPiy2i-pE/edit?usp=sharing">https://docs.google.com/presentation/d/1rxBCHXXuufHmrRCKjasqOZsPSCLulbRXU_fPiy2i-pE/edit?usp=sharing</a></p>	<p>Provide support to students through a feelings check-in. Students will choose five feelings from the word bank (drag and drop). Choose a color to demonstrate each feeling. Include all feelings/colors inside the heart</p>	Google Doc	<p>Students can share the google form to my email (click on my name below):</p> <p>Kimberly Williams</p>
9:00-10:00 am	<p>Virtual Counseling Office Welcome to my virtual Counseling office, classroom, and calming corner! Take some time to explore by clicking on the objects in the slideshow below:</p> <p>📄 Copy of Mrs. Willia...</p>	<p>Students will have access to relaxation exercises, calming techniques, listen to books, learn more about how to handle bullying, and complete a feelings check-in.</p>	Google Presentation	<p>Virtual Counseling Office objects and their links-Slide 1:</p> <ol style="list-style-type: none"> <li>1. Youtube Kids video of a waterfall.</li> <li>2. Youtube Kids video of an aquarium.</li> <li>3. Youtube Kids video of a lava lamp.</li> <li>4. Youtube video of a kaleidoscope in action.</li> <li>5. Stuffed animal-Youtube video of relaxed breathing.</li> <li>6. Books-Rainbow Fish Book, The Hand book, and Enemy Pie book-Storyline online read aloud video.</li> <li>7. Bubbles-Youtube</li> </ol>



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				<p>video by Bubble Breath by Go Noodle</p> <p>8. Crayons-Monday Mandala.com: printables</p> <p>9. Puzzle-Roomrec ess.com: jigsaw puzzle for kids</p> <p>10. Gameboard-PBS Kids.org: Games</p> <p>11. Mail-Student Contact form (click on the link to open)</p>
10:00- 11:00 am	<p>Virtual Counseling Classroom</p> <p>📄 Copy of Mrs. Willia...</p>	<p>Students will utilize time to explore all of the links and activities in the virtual counseling classroom</p>	<p>Google Presentation</p>	<p>Virtual Counseling Classroom objects and links- Slide 2:</p> <ol style="list-style-type: none"> <li>1. Window-Youtube Kids video of snow falling.</li> <li>2. Friendship Bracelet-Youtube Kids Friendship video</li> <li>3. Laptop-Youtube Kids video of melting angry feelings by Go Noodle.</li> <li>4. Cafe lights-Youtube Kids video of twinkling lights.</li> <li>5. Glitter Bottle-Youtube Kids video of swirling thoughts.</li> <li>6. Candle-Youtube Kids video of a candle flickering</li> <li>7. A Bad Case of</li> </ol>



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				<p>the Stripes Book-Storyline online read aloud video.</p> <p>8. When Pigasso met Mootisse Book- Storyline Online read aloud video.</p> <p>9. Carla's Sandwich Book-Storyline Online read aloud video.</p> <p>10. Feelings Poster-daily feelings check in interactive activity download.</p> <p>11. Bully Poster-Pacer Kids against Bullying website</p> <p>12. Whiteboard-meet the Superhero Counselor slideshow</p> <p>13. Mail-Student contact form</p>
11:00am-12:00am	<p>Virtual Counseling Calming Corner</p> <p>Welcome to my virtual calming corner! Relax by trying some yoga, coloring, using balloon breaths, or watching sand designs. Try using the grounding technique or becoming mindful of your feelings. Listen to a relaxation story or unwind with the sound of falling rain. Imagine yourself on the beach while listening to the waves crashing</p>	Students will utilize time to explore all of the links and activities in the virtual counseling calming corner.	Google Presentation	<p>Virtual Counseling Classroom objects and links- Slide 3:</p> <ol style="list-style-type: none"> <li>1. Yoga Mat-Youtube Kids video of Cosmic Kids Yoga.</li> <li>2. Balloons-Youtub e Kids video of "Bring it Down" by Go Noodle.</li> <li>3. Sandbox-Youtub e kids video of sand designs.</li> <li>4. Calm down</li> </ol>



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outside the window. Don't forget to send me a message by clicking the mail icon on the laptop in the slide!




📄 Copy of Mrs. Willia...

- poster-Youtube video of grounding technique.
5. Lights-Youtube Kids video of floating lanterns with relaxing music.
  6. Hanging stars-Youtube Kids video of traveling through the Cosmos.
  7. Umbrella-Youtub e Kids video of rainfall.
  8. Puffer Fish-Youtube Kids video of kids separating feelings.
  9. Rainbow-Youtub e Kids video on guided meditation rainbow waterfall.
  10. Sphere toy-Youtube video of breathing ball breath.
  11. Robot-Youtube kids video of mindfulness body scanner.
  12. Bubbles-Youtube Kids video of focusing.
  13. Headphones-You tube Kids video of relaxing ukelele music.
  14. Coloring Pencils-Online coloring.com



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				15. Feather-Youtube video of a relaxation story. 16. Window-Youtube of tropical beach with crashing waves. 17. Mail-Student Contact form.
12:00-1:00	<b>LUNCH BREAK</b>			
1:00-2:00	Students will view a video on having a growth mindset, "The Mindset of a Champion."   The Mindset of a C...  Students will view and complete the slideshow on having a growth mindset   Good Day Cha-Cha...	Students will understand that those who have a growth mindset are open to new challenges and view setbacks as opportunities to learn.	Google Doc	Students will share the file by email
2:00-3:15	Girls in Pearls/Guys in Ties  	Etiquette Workshop – Students will learn table manners and proper posture.		



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