

# COUNSELING AT HOME

## WEEK OF MAY 18<sup>TH</sup>

- Mrs. Conner, LOM School Counselor
- Parents: You can contact me at 985-261-0440. This is my work cell phone number. You can also reach me via email at [margo.helaireconner@stpsb.org](mailto:margo.helaireconner@stpsb.org).

**\*\*\*\*\* Stay Safe and Stay Strong!**



# INSPIRATIONAL QUOTE

You are Amazing,  
You are Brave,  
You are Strong!!!

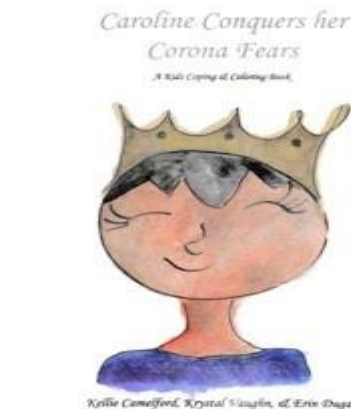
~~~~~Author Unknown



# CAROLINA CONQUERS HER CORONA FEARS

BY KELLIE CAMLFORD, KRYSTAL VAUGHN & ERIN DUGAN

- ❑ This is a great story/coloring book to help children cope with stressors during this challenging time. You and your family will have meaningful dialogue about COVID-19.
- ❑ You can find a printable version of the book at <https://alliedhealth.lsusjc.edu/clinics/docs/CarolineConquersherCoronaFears31820/pdf>.
- ❑ YouTube Video: Copy and paste the link: <https://youtu.be/X8R4Ni4cXZc>.



# YOUTUBE VIDEO MINDFULNESS ACTIVITY

- ❑ Body scan meditation is a great way to bring mindfulness to the body.
- ❑ Body scanning is an eye opener in the deep mind body connection.
- ❑ YouTube Video: Copy and paste the link:  
<https://youtu.be/X462QPgZQ+4>



# *FAMILY RESOURCES*

- ❑ Website: 100 Everyday Ways to Strengthen Your Child's Mental Health: <https://parentswith-confidence.com/everyday-ways-to-nourish-a-childs-mental-health/>. By: Angela Pruess
- ❑ NAMI St. Tammany: <https://namosttammany.org> -1-800-950-NAMI (6264)
- ❑ Keeping Calm through COVID Hotline: 1-866-310-7977-**Available 24/7**