

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
Social Skills	<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 "staring 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.
Self Care	<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.
Organization	<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
Coping Skills	<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.
Academic Skills	<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.
Relationships	<input type="checkbox"/> Text your 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 _____?)



School Counseling Home Connection Week 3

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
Social Skills	<input type="checkbox"/> Call a classmate. Talk about your assignments. <input type="checkbox"/> Create a new greeting that shows you are excited to see someone. Practice it in the mirror.	<input type="checkbox"/> Learn how to say "hello" in a new language. <input type="checkbox"/> Start a conversation with someone. Practice listening to the other person versus talking.	<input type="checkbox"/> Get to know a classmate who you don't know very well. Give them a call or text and play "Would You Rather"? <input type="checkbox"/> Use the mirror to practice eye contact. Try holding your gaze at your eyes for 30 seconds.	<input type="checkbox"/> Turn off your phone for 2 hours. <input type="checkbox"/> Turn off the tv for 2 hours. <input type="checkbox"/> Turn off the computer for 2 hours.	<input type="checkbox"/> Play Uno, Connect Four, or Checkers with someone.
Self Care	<input type="checkbox"/> Make a playlist of comforting music.	<input type="checkbox"/> Take a hot chocolate break in between assignments.	<input type="checkbox"/> Play with your pet or stuffed animal for 10 minutes.	<input type="checkbox"/> Bake cookies. <input type="checkbox"/> Dance	<input type="checkbox"/> Write a journal entry about happiest moment. <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.
Organization	<input type="checkbox"/> Organize your books from hardest to easiest. <input type="checkbox"/> List today's assignments from hardest to easiest.	<input type="checkbox"/> Wash the dishes <input type="checkbox"/> Make a "to do" list of things you'd like to do this week.	<input type="checkbox"/> Work with your parents to make a family tree. <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. <input type="checkbox"/> Wipe the baseboards.

