

Weekly Counseling Activities

FGIS 2020

😊 Mindful Monday 😊

Breathing helps you to relax and think positive! It feels good to breathe!

Question of the day: Think about a time when you disagreed with someone. What size of the problem was it (tiny, medium, big)? How did it make you feel? If you could go back in time, how would you calm yourself down?

- Practice breathing today.
- Trace the balloon and focus on your breath.
- Feel free to play this music while you color and draw (Disney Relaxing Piano Collection): https://www.youtube.com/watch?v=g8NVwN0_mks
- Here is a video that can help you see where your balloon is going (Bring It Down - Flow by Go Noodle): https://www.youtube.com/watch?v=bRkILioT_NA&t=80s
- Remember, mindfulness means to have a calm body, breathe, and focus on yourself and the things around you.



BALLOON BREATHING

How to do
BALLOON BREATHING:



INHALE as you trace your finger around the balloon, filling your lungs like a **BALLOON**.



EXHALE as you trace your finger down the string, letting your thoughts **FLOAT** away.

REPEAT.

GratiTUESDAY

Happy St. Patrick's Day! Today we will focus on gratefulness towards ourselves and others. How lucky you are to be you!

Question of the day: How can you show kindness to someone else today?

- Take a moment to practice gratitude with this video (Have Compassion by Go Noodle):
<https://www.youtube.com/watch?v=oEplqZYUUVk>
- While you write and color, play this music to relax and focus (Relaxing Music for Children):
<https://www.youtube.com/watch?v=5HrkXT5Bc9E>
- Read Along!
 - The Very Fairy Princess: Attitude of Gratitude
 - https://www.youtube.com/watch?v=OTGyP0F6Y_0

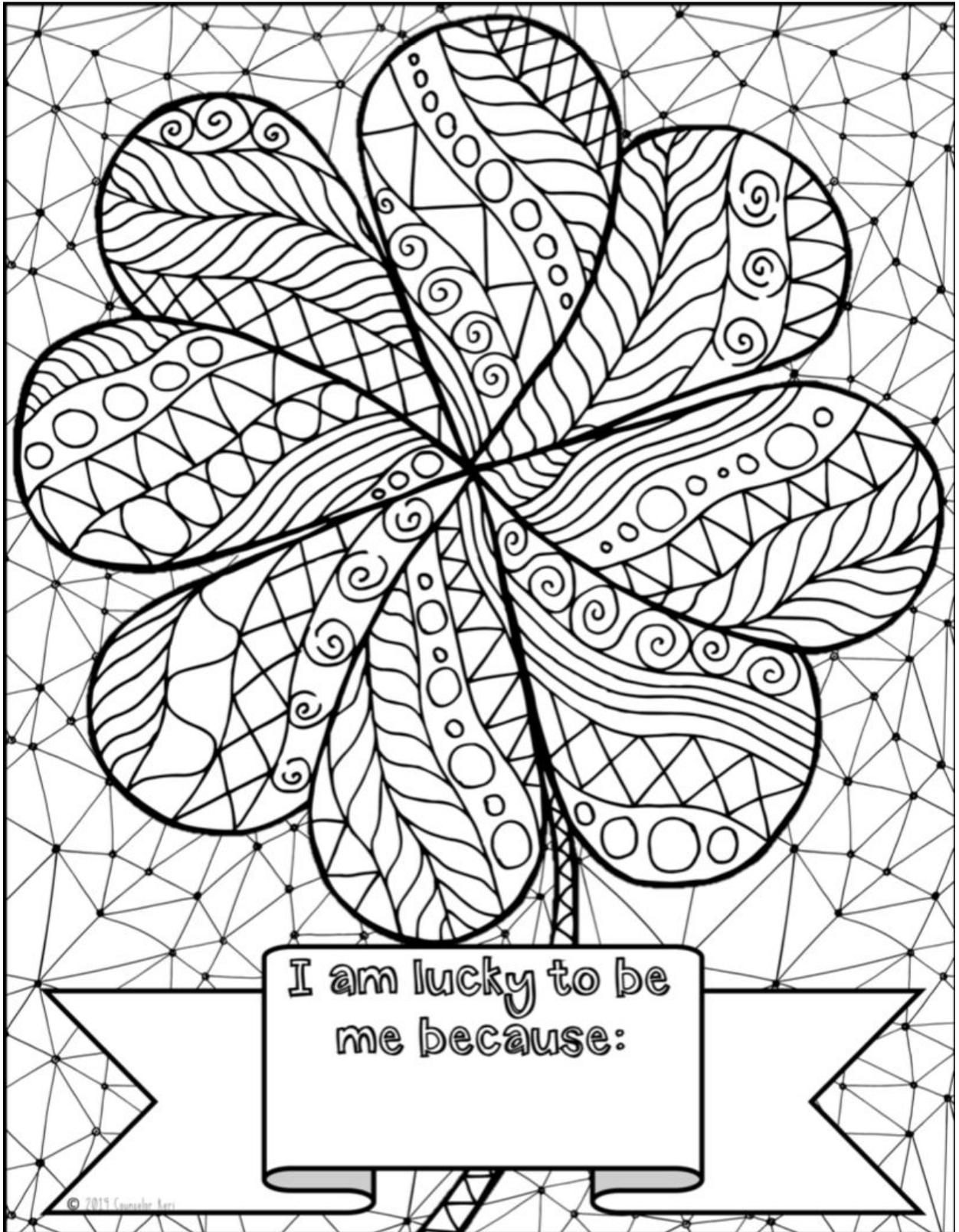
Write down three things that you are grateful for today:

Write or draw your ideas!

1. _____

2. _____

3. _____



I am lucky to be
me because:

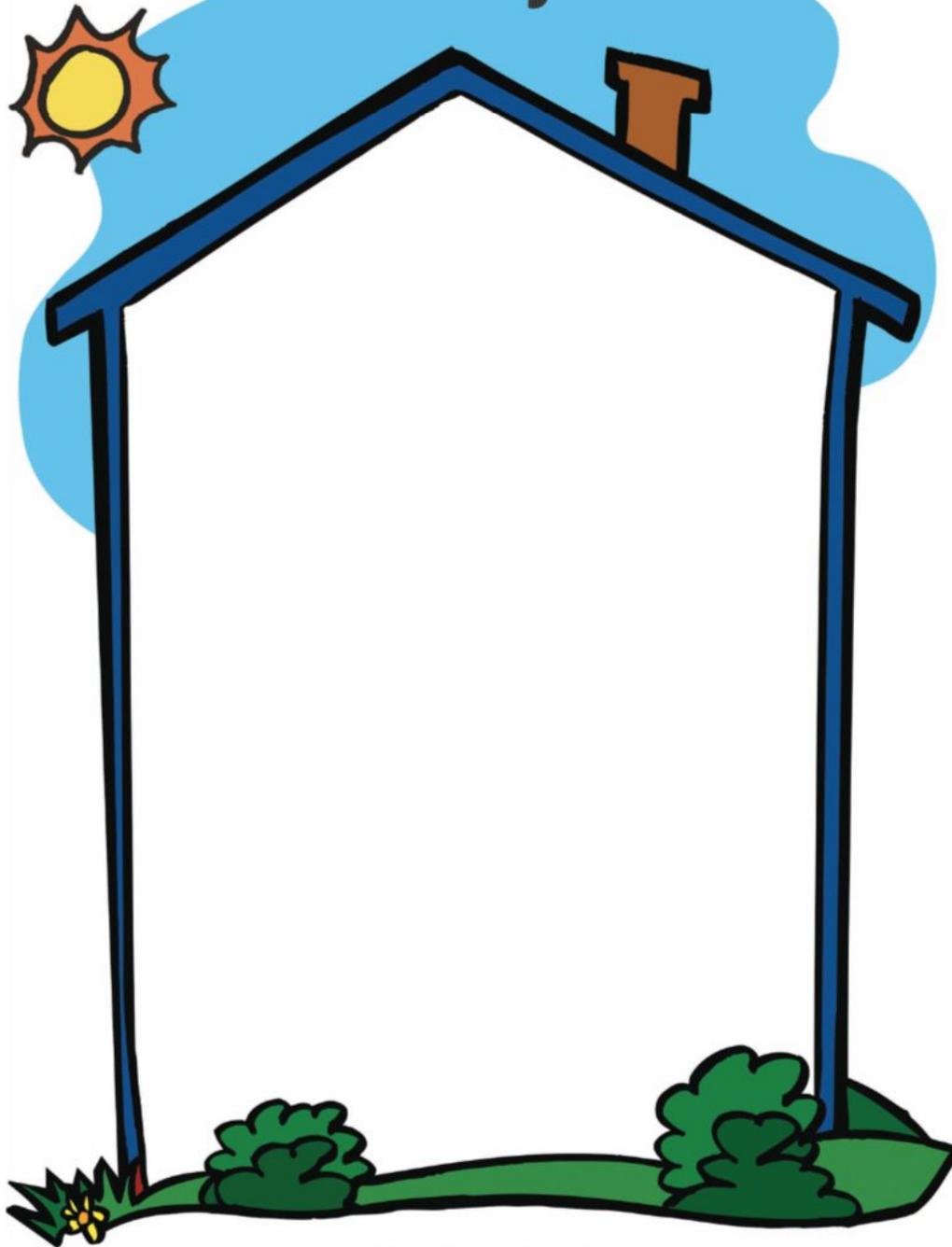
Wellness Wednesday

Practicing having a calm body helps to relax you and help you to breathe. When you feel a strong feeling like angry, sad, or excited, it is much harder for your body to listen and focus attention. Let's practice sitting still for just a moment!

Question of the day: What is something you can tell yourself to calm down when you feel a strong feeling (mad, sad, scared, worried, excited)?

- Practice sitting still and breathing for 30 seconds.
- Build your **stamina** and practice sitting still and breathing for 1 minute (60 seconds). What sounds do you hear? Can you hear 2-3 different sounds?
- Now, try some yoga poses! This is a Frozen version:
<https://www.youtube.com/watch?v=xlg052EKMTk>
- If you don't like that version, try this one with Yoga Ed:
<https://www.youtube.com/watch?v=CBko9JPMtHs>

I Know How To Stay Safe At Home



SAFETY FIRST 10-5

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Thoughtful Thursday

Question of the day: Have you shared your thoughts and feelings with someone at home today?
Tell them about 2 good things that happened this week and 1 not so good thing.

What are three things that you can do THIS WEEK to be kind?

Write or draw your ideas!

1. _____

2. _____

3. _____

LIFE LESSON LEARNED



SELF 1-10

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☀️ Freedom Friday ☀️

Question of the day: Think about a time when you felt upset. What I-Message could you use to let someone know how you are feeling? How can you express your feelings without hurting others?

For 30 seconds, move in a way that feels good to you!

Here are some ideas to get you moving:

1. Leap like a frog
 2. Fly like a bird
 3. Dance like a bee
 4. Swim like a goldfish
 5. Melt like a snowman
 6. Reach high like a tree
 7. Put your hands on your hips and move side to side
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- Here is a video to help you move around and practice breathing (Strengthen Your Focus by Go Noodle): <https://www.youtube.com/watch?v=0vuaCHEAs-4>
 - Listen to this while coloring today (Relaxing Music by Mindful Kids): <https://www.youtube.com/watch?v=vH1icLURgbY>

Name: _____

Date: _____

MINDFULNESS COLORING



Coloring is a great way to practice mindfulness. Just color below. Don't make any judgements about your coloring or artwork. Just let it happen. If you feel like you made a mistake, breathe and move on. It is part of the experience in practicing your mindfulness.

