



Counseling Corner

Gates Chili Elementary School Counselors
Special Edition March 30th, 2020

Five Ways to Take Care of Yourself During Quarantine

1. Rediscover old music that lifts your spirits. Share some with your kids!
2. Complete a project or organize a cluttered space
3. Thank someone that you are grateful for and tell them why
4. Go for an outdoor walk with your family
5. Remember all feelings and situations pass in time

Thank you for your continuous support of online learning throughout these past few weeks. We miss our daily interactions with our students and hope that these newsletters are a small way to bring them comfort during this time. This week, we have included ways to take care of yourself during quarantine and some additional fun Social Emotional Learning activities that you can do at home. Please reach out to either one of us if you have any questions or are in need of additional support!

Kindly,
Ms. Cimato & Miss Picha

Resources We Liked This Week

[What I Can vs. Cannot Control](#)

[Free Audio Books for Kids](#)

[Imagine Neighborhood Podcast](#)

Please visit the COVID-19 resource page on the district webpage and the elementary counseling department webpage for additional SEL resources and activities.

Contact Us

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