



Dear Purple Sage Families,

I know this is a challenging time for many of you and there is a lot of stress and uncertainty as to how the coming weeks will look. Please know that I am here for you and your children during this unprecedented time. You can email me at lcashaw@galenaparkisd.com or use the link provided if you need assistance or would like to schedule a time to talk.

Please remember that Galena Park ISD is offering free breakfast and lunch meal pick-up for children ages 1-18 years old beginning Tuesday, March 17th.

Below are links to some helpful resources that you may find useful during this time.

Again, please reach out to me if you have any questions or concerns. The situation is rapidly evolving and I may not have all the answers that you are seeking, but I will do my best to assist you in any way that I can.

Sincerely,

Mrs. Cashaw, Counselor

Purple Sage Elementary



Counseling Activities for March 17-20, 2020

Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
<p>Social Emotional Health Activity</p> <p>Practice a breathing technique.</p> <p>https://youtu.be/_mZbzDOPYlA</p>	<p>Social Emotional Health Activity</p> <p>Make a list of the feelings you can think of.</p> <p>https://youtu.be/puXSw8yrVnI</p>	<p>Social Emotional Health Activity</p> <p>Play emotion charades. Can your family guess your feelings?</p> <p>https://youtu.be/7uY2HrQ9qQ8</p>	<p>Social Emotional Health Activity</p> <p>Write a letter to someone to let them know you appreciate them.</p> <p>https://youtu.be/yA5Qpt1JRE4</p>

Other Helpful Videos:

Watch this BrainPop video about the Coronavirus

<https://bit.ly/2wSg0yc>

What causes anxiety and depression-Inside out

https://youtu.be/tNsTy-j_sQs

Talking to Kids about the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Coping with Stress during an Infectious Disease Outbreak

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

FREE WIFI OPPORTUNITIES

○ Free Wifi opportunity Comcast:

<https://www.wxyz.com/news/national/coronavirus/comcast-offering-internet-essentials-package-free-for-60-months-during-coronavirus-outbreak>

○ Free Wifi opportunity Spectrum: 1-844-488-8398, call sales department and ask for Student Remote Education offer

Daily routines are important. Below is a sample schedule to help guide you day.

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight