



# Counselors' Corner

APRIL/MAY 2020



## Distance Learning Tips for Parents

- Create a daily routine
- Pick a spot for school work to be done
- Get enough sleep
- Take a mental break
- Practice Social Distancing
- Keep breaks like snack and recess
- Schedule time for fun too!
- Technology Help  
Desk: 251-967-5333

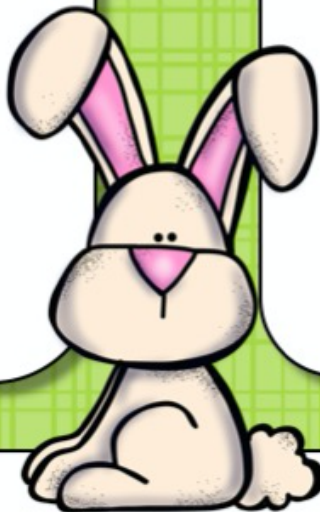


## Calming the Chaos: How to help with Anxiety

- Model helpful coping
- Take deep breaths (square breathing)
- Write it out (use a journal) or draw a picture
- Exercise!

## Important Dates

May 10: Mother's Day  
May 21: Last Day of School  
June 5: Deadline to purchase 2020 Supply Kit



Keri Jones, K-3<sup>rd</sup>  
[kcjones@bcbe.org](mailto:kcjones@bcbe.org)

**We are here for you!**

Kelley Morris, 4<sup>th</sup>-6<sup>th</sup>  
[kdmorris@bcbe.org](mailto:kdmorris@bcbe.org)

Daphne East Counselors on Social Media  
Twitter: @DPEECounseling  
Instagram: daphneeastcounselors  
Blog: <https://kerijonesblog.wordpress.com/>

