

# counseling corner: week 38

Dear Wolves,

There are so many emotions that have been stirred up by the deaths of George Floyd, Breonna Taylor, Ahmaud Barberly, and so many other injustices that have not been filmed or reported, compounded by the challenges of COVID-19.

Some of you may be asking yourselves, “What do I do now?” both in response to the current situation and with school ending. To answer that question we suggest that you continue to LEARN and continue to GROW.

LEARNING and GROWING involves exposing your mind and your heart to new ideas. LEARNING and GROWING can be uncomfortable and takes work. We encourage you to feel uncomfortable because that is when growth occurs.

In Solidarity- The DVS Counselors

**LEARN & GROW** using the [Los Angeles Public Library](#) for FREE!

If you don't have a library account, sign up for an [e-card](#).

- e-Media
  - Download or stream e-books, audiobooks, movies, documentary films, music, podcasts, newspapers, and magazines.
- Online Learning
  - Enroll in online courses. Access Lynda.com - learn technical skills - ex. Animation, automotive design, film making, game design, etc.
  - Learn a new language through [Mango Languages](#) - Arabic, French, Italian, Chinese(Cantonese & Mandarin), Russian, Tagalog, and more. (Not for class credit)
- [Summer Reading Recommendations from your English teachers](#)

## BLACK LIVES MATTER

LEARN & GROW

- [Recommended readings](#) for adults and teens from LAPL - titles include, *Why Are All the Black Kids Sitting Together in the Cafeteria: And Other Conversations About Race*, *The Hate U Give*, *How to Be an Antiracist*
- Wiseburn CARE Team [Civil Rights and Diversity Resources](#)
- Look within and explore your own biases.
- Have difficult conversations with your friends and family.

# counseling corner: week 37

The DVS Counseling Team is here to support students as they process the killing of George Floyd and the subsequent protestings and civil unrest in our city. There are no words to express the sadness, anxiety and fear many of us feel. We encourage you to reach out for support. We are here for you.

If you want to speak with someone anonymously regarding non-emergency situations, you can call the Teen Warm Line. Call 310-855-4673 Text TEEN to 839863

If you're in crisis, call the National Suicide Prevention Lifeline: 1-800-273-8255

In service,

- Ms. Corinne Valle (A-F): [cvalle@davincischools.org](mailto:cvalle@davincischools.org)
- Ms. Carolyn Ruiz (G-M): [cruiz@davincischools.org](mailto:cruiz@davincischools.org)
- Ms. Francisca Rodriguez (N-Z): [frodriguez@davincischools.org](mailto:frodriguez@davincischools.org)

# counseling corner: week 36

**Wolves!!!**

It's the final push toward the end of the semester! A reminder that the final day to submit work for the semester is Monday, June 1st. Know that your counselors miss you immensely and we are sending positive vibes as you prepare for your POL. You got this!

*-Ms. Valle, Ms. Ruiz, & Ms. Rodriguez*

## Mindful MONDAY

**Listen to this guided meditation to keep your focus, get quiet, and be present.**

<https://www.youtube.com/watch?v=0Nwuo3xqWOo>

## TUESDAY

**This Virtual Calming Room is a place for students and families to find tools and strategies for managing emotions and feelings.**

<https://sites.google.com/cnusd.k12.ca.us/cnusdvirtualcalmingroom/home>

## Wellness WEDNESDAY

**ParentTeen Connect is designed by social-emotional learning experts as an at-home, family-engagement resource.**

<https://www.parentteenconnect.org/>

## THURSDAY

**CaliforniaColleges.edu provides students with an all-inclusive guide for their college & career paths & enables educators to track their progress.**

<https://www.californiacolleges.edu/>

## Fun FRIDAY

**Nothing like babies and pets to put a smile on our faces.**

<https://www.youtube.com/watch?v=nRDysNZdMvU>

# counseling corner: week 35

## Wolves!!!

It's the final push toward the end of the semester! One more week of classes, POL Prep, and then POLs. June 1 is the last day to turn in work. Backwards plan. List all of the work you need to do, list the due dates, and chisel. You can do this!

*-Ms. Valle, Ms. Ruiz, & Ms. Rodriguez*

## Mindful MONDAY

Make stress your friend. Kelly McGonigal, health psychologist talks about how to rethink stress. She also wrote "The Upside of Stress."



## TUESDAY

If you need to chat, you have options:  
Talk to a friend, counselor, parent or teacher.

You can also contact the 24/7 Peer-Run Warm Line for non-emergency emotional support.

1-855-845-7415

## Wellness WEDNESDAY

Time to work out! Manage stress and get those endorphins flowing with this 10-minute upper body workout.



## THURSDAY

Do you know that you want to go college but have no idea what college you want to go to? Start your search by using Big Future, a resource from the College Board where you can find colleges based on criteria like location, major, and selectivity.

<https://bigfuture.collegeboard.org/>

## Fun FRIDAY

Missing baseball?  
Go DODGERS!



# counseling corner: week 34

Hi Wolves,

We hope you and your families are in good health and good spirits. We are so proud of all the work you've done this year! We have a few more weeks left and we can get through this together! Check out these resources to help guide you this week. We miss you!

*-Ms. Valle, Ms. Ruiz, & Ms. Rodriguez*

## Mindful MONDAY

Let's get happy! Learn how to overcome negative stress and life's challenges

<https://my.happify.com/>

## TUESDAY

Put together a jigsaw puzzle! Pick from themes including animals, food, natural scenes and more!

<https://www.onlinejigsawpuzzles.net/>

## Wellness WEDNESDAY

Have you been sitting all day in front of your computer? Well, let's stretch !

<https://www.youtube.com/watch?v=EAWVqB04aBg>

## THURSDAY

Are you being your career exploration? Watch some interviews and hear stories of how people are pursuing their dreams

<https://youtu.be/q4lz2Wne8WQ>

## Fun FRIDAY

Check out these sweet sleepy puppies. Enjoy!

<https://youtu.be/W51ZFzItYFA>

# counseling corner: week 33

*Hi Wolves,*

We hope you and your families are continuing to stay safe and healthy. As we enter this new week, we encourage you to take breaks within your day to reset, get some fresh air and/or to do something that brings you joy. Here are some activities and resources that you can access to support and encourage you. We miss you and look forward to being with you all soon!

*-Ms. Valle, Ms. Ruiz, & Ms. Rodriguez*

## Mindful MONDAY

Explore guided exercises, videos, and more to help you get healthier and happier.

<https://www.headspace.com/>

## TUESDAY

Learn how to practice self-care during COVID 19.

[https://www.youtube.com/watch?time\\_continue=3&v=yblukokYksA&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=3&v=yblukokYksA&feature=emb_logo)

## Wellness WEDNESDAY

FREE live stream workouts

<https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>

## THURSDAY

Fastweb is your connection to scholarships and more!

<https://www.fastweb.com/>

## Fun FRIDAY

Puppies always make me smile. Enjoy!

<https://www.youtube.com/watch?v=jbL17DQdmHs>

# counseling corner: week 32

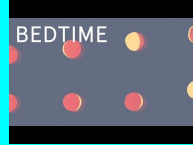
*Hi Wolves,*

As we settle in to our new normal, it is important to be aware of how we are feeling and to be gentle with ourselves. Some days will be good and others will be more challenging. That is normal. Please know that the counselors are still here for you to share in both the good times and the tough days. Please don't hesitate to reach out. We care about you!

*-Ms. Valle, Ms. Ruiz, & Ms. Rodriguez*

## Mindful MONDAY

You may find that your sleep patterns are off since virtual school started. Blue light from computers and other electronics disrupt sleep. Put your electronics down at least an hour before bedtime and try this meditation to promote better sleep.



## TUESDAY

Time to color

[Adult Coloring Book | COLORS on the App Store](#)



## Wellness WEDNESDAY

**Resources for Parents:**  
[Supporting Families](#)  
[During COVID-19](#)

## THURSDAY

Looking ahead to college admissions

[UC's response on admissions to COVID-19](#)

[COVID-19 CSU Admissions High School Guidance](#)

## Fun FRIDAY

For the basketball fans...



# counseling corner: week 31

*Hi Wolves,*

We hope you and your families are in good health and good spirits. Although this is a challenging time for all of us, we can get through this together! We want to share some resources that can help you and your families navigate these uncertain times . We care about you!!

*-Ms. Valle, Ms. Ruiz, & Ms. Rodriguez*

## Mindful MONDAY

Let's get centered and ready for the week with some Hot Chocolate!



## Thoughtful TUESDAY

Check out the *Smiling Mind* app for wellness support



## Wellness WEDNESDAY

Resources for Parents:

[COVID 19 Parenting](#)

## THURSDAYS are for College Tours

Continue exploring colleges virtually

<https://campustours.com/>

## Fun FRIDAY

Finish your week with some cute pandas !





# counseling corner: week 29

*Hi Wolves,*

As we all continue to transition to a virtual learning environment, we want to assure you that your school counselors will continue to dedicate our time to supporting you and your family. We recognize that the next few weeks may be a stressful time for many families but know that we are in this together. Stay present and take things one moment at a time. You got this!

*-Ms. Valle, Ms. Ruiz, & Ms. Rodriguez*

## Mindful MONDAY

**5-Minute Meditation You Can Do Anywhere**

<https://www.youtube.com/watch?v=inpok4MKVLM>

## TUESDAY

**5-Minute Self-Care Tips**

- Create a to-do list
- Do breathing exercises
- Go for a quick walk
- Write down your thoughts
- Stretch your body
- List 3 things you are grateful for

## Work Out WEDNESDAY

**30-Minute HIIT Cardio Workout with Warm Up**

<https://www.youtube.com/watch?v=ml6cT4AZdql>

## THURSDAY

**Let's start exploring-  
The College Search**

<https://bigfuture.collegeboard.org/get-started>

## Fun FRIDAY

**Top 10 Funny and Cute Dog Videos**

<https://youtu.be/28xjtYY3V3Q>

# counseling corner: week 28

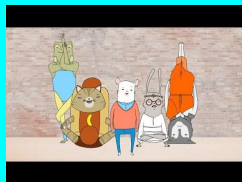
*Hi Wolves,*

We hope you and your families are well. We know that many things are uncertain right now but know that we can get through this together. Creating a routine is helpful in providing structure and purpose for everyday. Here are some activities you can do to stay healthy and mindful. We care about you.

*-Ms. Valle, Ms. Ruiz, & Ms. Rodriguez*

## Mindful MONDAY

### Meditation 101: A Beginner's Guide



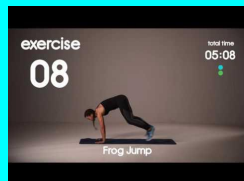
## TUESDAY

### Get Organized. Become Efficient.

- Clean out your backpack
- Write down your assignments
- Schedule some fun time and exercise

## Work Out WEDNESDAY

### HIIT Circuit - No Equipment Home Workout



## THURSDAY

### College and Career Spotlight: Cal Poly Pomona



## Fun FRIDAY

### Penguins Roam Free in Chicago Aquarium

