

DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 34: MAY 10 - 14

STUDENT MENTAL HEALTH WEEK

DURING THE MOST CHALLENGING SCHOOL YEAR IN HISTORY, WE ARE STOPPING TO RECOGNIZE THE IMPORTANCE OF STUDENT MENTAL WELLBEING AND RECOGNIZE MAY 10-14, 2021 AS CALIFORNIA STUDENT MENTAL HEALTH WEEK!

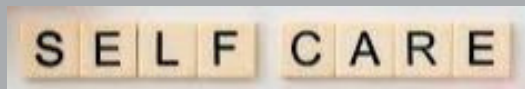


AFFIRMATIONS TO HELP JUMP START YOUR DAY!

- I will be present in every moment.
- I am smart.
- I am kind.
- I am brave.
- I will make today great.
- I am loved.
- I am resilient.
- I can do hard things.
- I am worthy.

5 SELF-CARE TIPS FOR WHEN YOU ARE FEELING STRESSED

- SURROUND YOURSELF WITH FRESH AIR OR CALMING SCENTS TO DESTRESS AND RELAX YOUR MIND.
- DO SOME FULL BODY STRETCHING TO LOOSEN UP YOUR TIGHT MUSCLES AND IMPROVE YOUR MINDSET.
- WRITE DOWN EVERYTHING THAT IS MAKING YOU FEEL STRESSED, TO HELP GIVE YOUR MIND CLARITY.
- DO SOMETHING CREATIVE FOR 20 MINUTES TO ALLOW YOUR MIND TO FOCUS ON SOMETHING LESS STRESSFUL.
- CHANGE YOUR SCENERY, GOING FOR A QUICK WALK OR MOVING TO A NEW ROOM CAN HELP GIVE YOUR MIND A REST.



FREE WORKSHOP FOR CAREGIVERS/PARENTS

UNDERSTANDING AND RESPONDING TO YOUR CHILD'S MENTAL NEEDS IN THE TIME OF COVID-19

WHEN: THURSDAY, MAY 13TH

TIME: 4 - 5:30 PM

[REGISTER HERE](#)



CELEBRATE ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH

AAPI HERITAGE MONTH IS CELEBRATED EACH YEAR IN MAY. IT IS INTENDED TO DEVELOP AWARENESS OF AND CELEBRATE THE RICH CULTURES AND CONTRIBUTIONS.

- [12 WAYS TO ENRICH KIDS' APPRECIATION OF ASIAN-PACIFIC CULTURE](#) - RESOURCES TO HELP CELEBRATE A RICH HISTORY AND A CULTURE OF GENERATIONS.
- [AAPI STORIES](#)- SEVERAL NEW FILMS AND SHOWS FEATURING AAPI STORIES.
- [NASA VIDEO](#) - NASA CELEBRATES AAPI HERITAGE MONTH.
- [ASIAN AMERICAN HISTORY IN 4 MINUTES](#) - SHORT VIDEO ON IMPORTANT EVENTS CRUCIAL TO THE ASIAN-AMERICAN IDENTITY.
- [ASIAN | HOW YOU SEE ME](#) - SHORT VIDEO WITH PEOPLE FROM A VARIETY OF ASIAN CULTURES ABOUT HOW THEY THINK THE WORLD SEES THEM.



HATE CRIME AGAINST THE AAPI COMMUNITY HAS RISEN DURING THE COVID-19 PANDEMIC. TO LEARN HOW YOU CAN BE A PART OF THE CHANGE OR TO REPORT A HATE CRIME, [CLICK HERE](#).

COUNSELING OFFICE HOURS:

MONDAYS & THURSDAYS: 1:30PM-2:00PM

[MS. VALLE \(A-F\)](#): CVALLE@DAVINCISCHOOLS.ORG

[MS. RUIZ \(G-M\)](#) PASSWORD: RUIZ: CRUIZ@DAVINCISCHOOLS.ORG

[MS. RODRIGUEZ \(N-Z\)](#): FRODRIGUEZ@DAVINCISCHOOLS.ORG

(CLICK COUNSELOR NAME FOR ZOOM LINK)

PARENT/GUARDIAN OFFICE HOURS

OPEN FORUM FOR PARENTS/GUARDIAN TO ASK GENERAL (NON-PERSONAL) QUESTIONS.

EVERY FIRST WEDNESDAY OF THE MONTH: 2:45PM-3:15PM [ZOOM LINK](#)

FOR ADDITIONAL RESOURCES FROM TH DA VINCI SCIENCE COUNSELORS, PLEASE VISIT THE [COUNSELING CORNER WEBPAGE](#).