

# 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>