

COUNSELING CORNER: WEEK 32

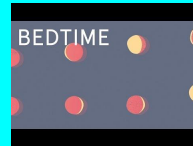
Hi Wolves,

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...



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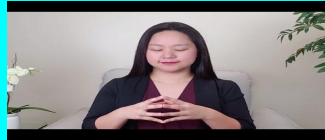
Hi Wolves,

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=mI6cT4AZdqI>

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

