

April 9, 2020

SCHOOL COUNSELING CORNER

Dear Mullica Township Elementary Students and Families,

Happy Thursday!

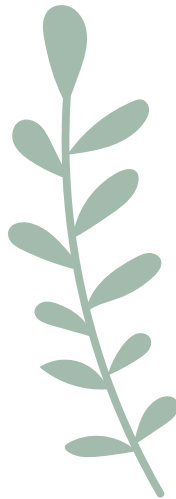
We are now concluding our 4th week of remote learning as we enter spring break tomorrow. I hope you all are continuing to stay healthy and safe as we continue to face this global pandemic.

As we are entering spring break, I wanted to keep this newsletter short, sweet and filled with spring related resources and activities! Have a happy, healthy and safe spring break!

Stay well,
Ms. Zolinas, Elementary School Counselor

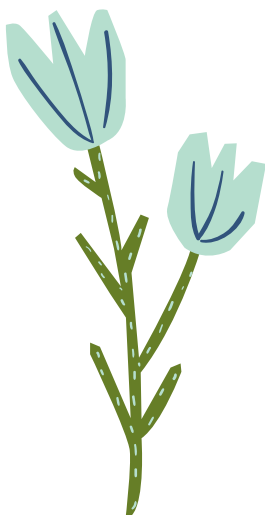
25 SENSORY ACTIVITIES FOR SPRING

There are many benefits of using sensory items for children: one of them being the relaxing experience they can engage in. Here you can find various spring time sensory activities!



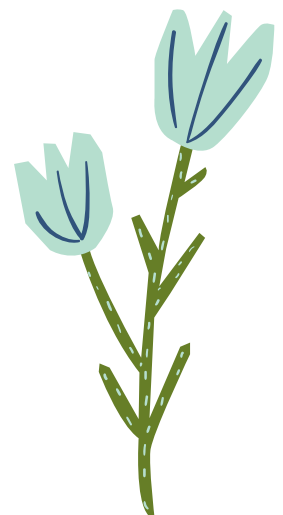
20 VIRTUAL FIELD TRIPS TO TAKE WITH YOUR KIDS

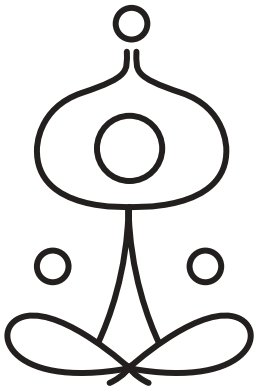
Were you planning to go somewhere fun with your kids over spring break? No need to worry- on this website you can find various virtual trips you can take with them.



20 FUN OUTDOOR SPRING ACTIVITIES FOR KIDS

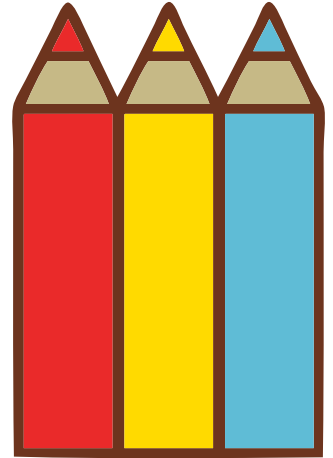
Here you can find fun spring activities for kids to engage in outside!





ADDITIONAL SPRING TIME ACTIVITIES/ RESOURCES

- [5 Spring Yoga Poses for Kids](#) | [Kids Yoga Stories](#)
- [Spring Yoga Poster](#)
- [Spring Coloring Pages](#)
- [Spring Break Activity Jar](#)
- [Spring Break Planner](#)
- [Spring Break Bucket List](#)



COMMUNITY RESOURCES

If you or someone you know is experiencing an immediate crisis, please call 911, call 1-800-273- TALK (8255) or text Text HOME to 741741.

Covid-19 Resource and Information Guide-

The National Alliance on Mental Health created this Resource Guide that addresses frequently asked questions and concerns regarding COVID-19.

PerformCare offers free in-home therapy for students under the age of 21 in NJ. 877-652-7624

Psychiatric Intervention Program (PIP) (the screening center for Atlantic County) provides 24/7 evaluation and referrals for individuals to outpatient mental health services or inpatient treatment. Can provide telephone referral, support and guidance. 609-344-1118

Please [click here](#) for an additional list of resources

WOULD YOU LIKE ADDITIONAL RESOURCES?

If you are interested in receiving more individualized activities/ resources for your child, please [click here](#) and complete this form at your earliest convenience so that I can provide you with more individualized resources for your child!



CONTACT INFORMATION

Just a reminder, please do not hesitate to reach out with any questions or concerns you may have.

mzolinas@mullicschools.com

[School Counselor Webpage](#)