

School Counseling Corner

April 24th, 2020

Dear Mullica Township Elementary Students and Families,

Happy Friday! I hope you all had a nice spring break and that this first week back has been successful for you and your families. I hope you all are continuing to stay healthy and safe.

Wednesday, April 22nd was Earth Day so I want to share some Earth Day related activities for your families to engage in.

I hope you all have a nice weekend!

Stay well,

Ms. Zolinas, Elementary School Counselor

[DIY Zen Garden For Kids](#)- Zen gardens are a great way for children to express creativity while engaging in a relaxing, mindful activity. You may already have some of these items in your house to start making your own family Zen garden. Even if you do not have the suggested items, try to get creative and use items you do have. This experience is intended to be relaxing and enjoyable for everyone.

[5 Earth Day Yoga Poses – Kids Yoga Stories](#)- Here is a brief video that goes over 5 different Earth related yoga poses that children (and adults) can follow along with.

[Rachel's Day in the Garden - A Kids Yoga Stories Audio Yoga Book for Kids](#)- Here is a brief video of a yoga story which takes place in a garden. Children can follow along and practice different yoga poses.

[Guided Meditation Script: Spring Renewal](#)- Here you can find a guided spring meditation script which focuses on recharging and personal growth.

[Earth Template](#)- On this website, you can obtain a template of the Earth. Kids (and adults) can practice mindful coloring using this template. Use different colors or different patterns or shapes to make the experience more unique and mindful for you. Get creative!

[Outdoor Scavenger Hunt for Kids](#) – On this website you can obtain a handout for an outdoor scavenger hunt for kids to work on (if the weather allows). This activity is a way for children (and families) to get outside and engage with nature.



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!

Just a reminder, if you have any questions or concerns, I can be reached at mzolin@mullicschools.com For additional activities and resources, please continue to check my [School Counselor Webpage](#).