

# GUIDANCE DEPARTMENT WOODLAND PARK SCHOOLS

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3/24/2020

Dear Woodland Park Students and Families,

We hope you are all well. For week 2, the school counselors wanted to share the following fun activities while we are participating in the district's Alternative Learning Plan. We will continue to post additional resources for families on the district and school webpages. We hope that you can learn and have fun with these activities which are appropriate for levels K through 8! Please feel free to contact your child's school counselor by email if needed. We are here for you!

## ONLINE ACTIVITIES

- Here is a [list of 12 museums that offer virtual tours](#).
- In addition the [Louvre in Paris](#) also has a virtual tour.
- Similarly, there are [30 National Parks that you can take a virtual tour](#) of from home.
- Author James Dean, of the popular Pete the Cat series, is doing [live story times on Instagram](#).
- Mo Willems, author of the Pigeon books, is doing [daily Lunch Doodles](#).
- Pre-K-6, [Scholastic has launched a learn at home website](#), and it is totally awesome.
- Check out the [live cams of animals at the San Diego Zoo](#).
- Also the [Monterey Bay Aquarium](#) and [Georgia Aquarium](#) have live cams as well.
- [Farm Food 360 offers virtual tours](#) of the different aspects of their Canadian farm.
- Josh Gad (the voice of Olaf) is [reading stories for kids on Twitter](#)
- [Crayola offers free coloring pages](#) and also has home craft ideas on their website!

## SENSORY ACTIVITIES

Some students may need strategies or tools for a “lift me up” while some students need a “calm me down.” Sensory activities can provide those experiences. While the students are at home, you can create some simple and fun sensory activities!

1. Put beans and /or rice in a bin. Hide a few small items (toys, coins, etc) and dig through to find the items.
2. Play doh – create things or just play with it in your hands.
3. Sensory Movement Walk:  
Wall push ups. Three push ups against the wall - 3x; followed by  
4 hops using both feet (going straight); followed by  
Bear crawl using alternate hands and feet to walk a short distance;  
Followed by  
Hop 4x using both feet (this time side to side); followed by  
Heel to toe walking (taking slow breaths and positive thoughts);  
Ending with  
A stretch to the sky while breathing in and three times slowly.  
To create your own sensory walk,



you can have your child trace hands/feet, draw bear feet, etc., to make the walk. (See above)

## SOCIAL EMOTIONAL ACTIVITIES

30 Days of Kindness Challenge  
 100+ Questions to Build Relationships  
 Family Tree Assignments  
 Coping Skills Sheet  
 Career Art Project  
 Identity Collage  
 Middle School Keys to Success  
 Self-Esteem Challenge Pack  
 Taking Care of Me Checklist  
 Social Distancing BINGO (See right)

*The activities above and more can be found on the Woodland Park Special Education/Student Support webpage at <https://www.wpschools.org/Page/3902>*

## Social Distancing With Kindness B I N G O

Call a grandparent who may be lonely because they can't go out	Draw pictures and messages with chalk on your driveway to cheer up walkers	Help your parents around the house without being asked	Send your teacher an email to thank them for all their hard work	Read a bedtime story to a relative over facetime
Help make a meal for your family	Send a text to a neighbor to see if they're doing okay	Call a friend or family member and tell them a joke	Order takeout from your favorite local restaurant to show your support	Reach out to a doctor or nurse to thank them- they are working around the clock!
Leave a big tip for a food delivery person- they are working very hard!	Make a donation to a non-profit- they really need our support!		Send a card to a friend or family member to keep connected	Let your sibling pick a board game you can play together
Write a story or poem and email/mail it to a family member	Help your parents by doing dishes or setting the table	Keep a friend company as you both practice art together over facetime	Give someone in your house a hug if you can tell that they need one!	Send a funny video or meme to a friend to make them happy
Draw a fun picture to mail to a friend so they know you are thinking of them	Help with the laundry to brighten your parent's day	Send a video message to a family member to make them smile	Repurpose a used item to show kindness to the earth	Have a cake decorating contest with a friend- send each other pictures of your creations!

Brought to you by The Monmouth County 4-H Kindness Club

But please, remember that neither you or your child(ren) have to be Pinterest-perfect or only be doing academics all day long. Learning how to do the laundry or bake some muffins is learning. Playing a board game or listening to an audiobook is learning. Reading a magazine or circling items in a catalog is learning. Yoga or riding a bike is learning.

Enjoy the time together, find ways to bond, and learn while having fun! We will talk to you soon!

Sincerely,

Danielle Indri  
 Charles Olbon School  
[dindri@wpschools.org](mailto:dindri@wpschools.org)

Donna Farraye  
 Beatrice Gilmore School  
[dfarraye@wpschools.org](mailto:dfarraye@wpschools.org)

Kerry McGlame  
 Memorial School  
[kmcglame@wpschools.org](mailto:kmcglame@wpschools.org)