



ROMS Students: Fun Ideas for being at Home

From your School Counselors!

- 1) Create a Gratitude Jar : I just saved a half gallon carton of milk from the trash, will wrap it with some extra wrapping paper laying around, have my own children decorate it and print the linked prompts. Just download page 2-4 for your students [Gratitude Jar](#)
- 2) "Get outside" I am going to take my kids down to the local park and hike. I will post something about nature and fresh air. My own kids are small and easily entertained. Older kids may like a mission: <https://www.doinggoodtogether.org/bhf/nature-scavenger-hunt>
- 3) Offer an indoor activity and ask my students to do something fun with a sibling. (ie: create a scavenger hunt using these clues and create a surprise card or special treat at the end: [Treasure hunt clues](#))
- 4) Great opportunity to call a relative and engage in a conversation about careers! <https://www.slideshare.net/shettyshravan/questions-to-ask-guest-guest-speakers-career-day>
- 5) Great opportunity to call a relative and engage in a conversation about life and their own story! <https://storycorps.org/participate/the-great-thanksgiving-listen/for-educators/part-ii/> look for the Great Questions Handout (mid-page down)
- 6) We all have visions for the future. Think about goals that you would like to attain. Write them down, make a poster and hang it somewhere you can see to remind you to focus on the significant, important things in your life
- 7) It is the month of MARCH and our character trait is PERSEVERENCE.... Think about and write down how you are going to Persevere during this time of staying away from school and large groups of people. The effects of the Coronavirus will affect us all and it is very important to think about HOW we will stay positive and look for ways to connect kindly to others. Share your writing with Mrs. Ihrig by emailing. Dihrig@dorchester2.k12.sc.us
- 8) Read and use "The Power of Self-Compassion" information sheet. Use a journal to write down things you learn about yourself in reading how to kinder and more supportive to YOURSELF. In my experience, All humans battle with keeping self-talk positive. Make a goal to only think and say positive things to yourself about yourself. You do not have to be perfect, no one is. Write down positive self-talk you can say when you feel down, like "I'm going to be ok", "at least I am trying" and one of my favorites, "my BEST is GOOD enough"!
- 9) Write yourself a letter in the future! Write down your thoughts about what life you want as an adult, with lots of fun detail! Write about friends, vacations, the home you want and career you want to have. Write about the things you are good at, like, and dislike.

10) Write a letter or make a card to thank military service members who are overseas. Bring them to the counseling office and we will mail them! Do not put your full name on the card.

11) Write a THANK You Card to your favorite teacher or all of your teachers, and write something they do that helps you learn or feel cared about as a student!

<p>Student Shout Outs!</p> <p>To: _____ From: _____</p> <p>Because: _____</p> <p>_____</p>	<p>Student Shout Outs!</p> <p>To: _____ From: _____</p> <p>Because: _____</p> <p>_____</p>
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12) Make some “Student Shout Outs” for classmates that make school a great place to be by being kind, funny, smart, creative, etc. You can give them when we get back to school!

13) Go to the School Counseling “Career” page and click on each link that has fun career activities for you to explore!

