

 **Bethel Elementary School**  
**Weekly Update – March 20th, 2020**

**[FOR ANYONE WHO NEEDS SOME STRESS RELIEF](#)**

**[CBS Sunday Morning \(Facebook page\)](#)**

**(Offers videos of nature - they sure are relaxing during stressful times)**



**Week of March 16th                      Extended Break per order of State Governor DeWine**

**Week of March March 23rd            Spring Break**

**Week of March 30th                    Extended Break per order of State Governor DeWine**

**The campus of Bethel Local Schools is closed  
as of Tuesday, March 17th until further notice.**

**Bethel Local Schools will keep our community informed through this pandemic via ONE CALL NOW messages, Facebook posts and website postings.**

**It is important that all ONE CALL NOW messages be listened to closely as they come to your phones and voicemail messages.**

**You can email your child's teacher if you have any questions in regards to academics or online learning.**

## Staff Email Addresses for Contacting Teachers

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Allison Sherick (Gr. 5)	<a href="mailto:shericka@blsk12.org">shericka@blsk12.org</a>
Sara Davidson (Social Emotional Wellness Counselor)	<a href="mailto:davidsons@blsk12.org">davidsons@blsk12.org</a>

## Some Great Sites to Offer Online Fun for Kids

### **Norwood Innovation Lab (Facebook Page)**

(lots of videos to engage in learning fun)

### **Mr. C (Facebook Page)**

(he offers videos about Science on his FB page)

### **20 Educational Games to do with Alexa**

[https://www.weareteachers.com/educational-alexa-skills/?fbclid=IwAR0PAg1DpxegnOCLDtKLIImq69281\\_ti6WpP-aAIMmCfsZwxMbDtSdAofOKY](https://www.weareteachers.com/educational-alexa-skills/?fbclid=IwAR0PAg1DpxegnOCLDtKLIImq69281_ti6WpP-aAIMmCfsZwxMbDtSdAofOKY)

### **Dayton Metro Library Offers Lots of Online Fun**

[https://daytonparentmagazine.com/dayton-metro-library-offers-online-solutions/?fbclid=IwAR3XyV89EZGjoorhsSAiJ8Z0\\_usRu-677FIIJinns7BqBfk4\\_9f2W4Y2tW8](https://daytonparentmagazine.com/dayton-metro-library-offers-online-solutions/?fbclid=IwAR3XyV89EZGjoorhsSAiJ8Z0_usRu-677FIIJinns7BqBfk4_9f2W4Y2tW8)

### **Children's Museum of Indianapolis - Museum At Home**

<https://www.childrensmuseum.org/museum-at-home>

### **Cincinnati Zoo & Botanical Gardens (Facebook Page)**

(Fun videos of live animals each day for kids to learn more about while at home)

### **Hidden Worlds of National Parks**

[https://artsandculture.withgoogle.com/en-us/?fbclid=IwAR1MwGrv8nrKhh\\_hXjC3ST9PYODHUE8wmCDyHZKDX5Y41S8Ep5\\_01dUblis](https://artsandculture.withgoogle.com/en-us/?fbclid=IwAR1MwGrv8nrKhh_hXjC3ST9PYODHUE8wmCDyHZKDX5Y41S8Ep5_01dUblis)

### **Lunch Doodle with Mo Willems**

<https://www.kennedy-center.org/education/mo-willems/>

### **Starfall**

<https://www.starfall.com/h/>

### **PBIS Kids**

<https://pbskids.org/>

### **National Geographic Kids**

<https://kids.nationalgeographic.com/?source=NavKidsHome>

### **Cookie.com**

<http://www.cookie.com/>

### **ABCya**

<https://www.abcya.com/>

### **Into the Book**

<http://www.reading.ecb.org/>

## **StoryLine Online**

<https://www.storylineonline.net/>

## **Seussville**

<https://www.seussville.com/>

## **AdaptedMind**

<https://www.adaptedmind.com/>

## **Card Games to Practice Math**

[https://www.weareteachers.com/math-card-games/?fbclid=IwAR0IXDNtynQXO1q07mbxQdyDV\\_c1kqSI51mW0ggFKSTUet3FlmHqYrDVWZw](https://www.weareteachers.com/math-card-games/?fbclid=IwAR0IXDNtynQXO1q07mbxQdyDV_c1kqSI51mW0ggFKSTUet3FlmHqYrDVWZw)

## **Centervention (Free Social Emotional Learning Activities)**

<https://www.centervention.com/social-emotional-learning-activities/>

## **Adobe Digital Bookshelf** (Access to Books ONLINE- be patient as it takes a few minutes to load pages)

<https://abdodigital.com/browse/?bb=grade&grade=e1>

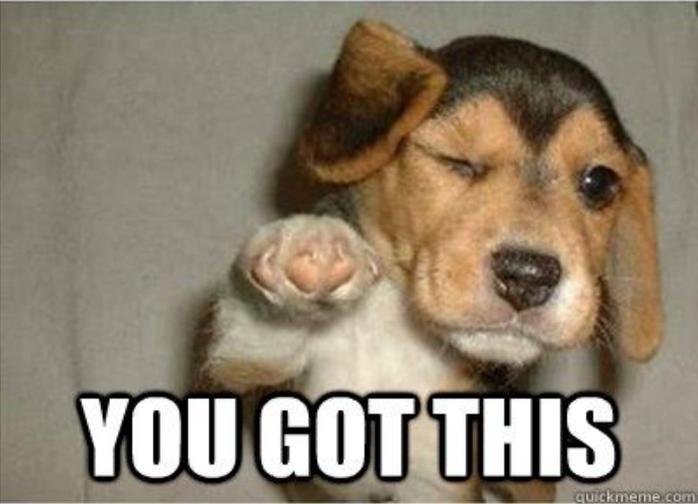


## A Letter From Mrs. Davidson - Social Emotional Awareness Counselor

To Bethel families;

I know that the shut down of school can leave you and your children feeling worried and uneasy. I wanted to provide some information and resources to you that will help in assisting your child or children in regulating their emotions and processing through this difficult situation.

I would love to stay connected with your child! I have created a FlipGrid account with a grid called Stories with Mrs. Davidson with the code **davidson8782** where I will be posting videos of myself throughout the week reading stories and checking in on the students. Please feel free to have your students comment on the videos and interact as much as they would like! I would love for them to send videos back and let me know how they are doing! They will need to set up a FlipGrid account and will be able to watch my videos and respond either by text box or sending a video back!

<p><u><a href="#">Movement options</a></u></p> <p>On YouTube:</p> <p>Cosmic Kids Yoga</p> <p>KooKoo Kangaroo</p> <p>Just Dance Kids</p>	<p><u><a href="#">Relaxation Options</a></u></p> <p>On YouTube:</p> <p>Melting Flow</p> <p>Go Zen videos</p>
<p><u><a href="#">Read aloud options</a></u></p> <p>Julia Cook books on YouTube</p> <p>I'm not just a scribble on Facebook</p> <p>Vooks.com- Be kind and Friendship sections</p>	

A hand out from Counselor Keri about talking with your children about Coronavirus-  
[https://drive.google.com/file/d/1bx\\_wfE9MvaO4HDW0kzRHbNUWHhLvKhDt/view?mc\\_cid=816e35d49a&mc\\_eid=ab18083844](https://drive.google.com/file/d/1bx_wfE9MvaO4HDW0kzRHbNUWHhLvKhDt/view?mc_cid=816e35d49a&mc_eid=ab18083844)

15 ways to help kids who are worried about Coronavirus-also from Counselor Keri

[https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/?utm\\_source=Counselor+Keri%27s+Newsletter&utm\\_campaign=816e35d49a-EMAIL\\_CAMPAIGN\\_2020\\_03\\_16\\_06\\_52&utm\\_medium=email&utm\\_term=0\\_91899b3296-816e35d49a-89885855&mc\\_cid=816e35d49a&mc\\_eid=ab18083844](https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/?utm_source=Counselor+Keri%27s+Newsletter&utm_campaign=816e35d49a-EMAIL_CAMPAIGN_2020_03_16_06_52&utm_medium=email&utm_term=0_91899b3296-816e35d49a-89885855&mc_cid=816e35d49a&mc_eid=ab18083844)

Teachers Pay teachers is a great free resource that provides many free resources, all you need is an account. A few creators have great activities and resources on worry, anger, self-control and anxiety are: The Social Emotional Teacher, WholeHearted School Counseling, Counselor Keri and The Responsive Counselor

There is a great resource from The Social Emotional Teacher on Teacher Pays Teachers called Distance Learning Social Emotional Learning Google Slides. Just download it, make a copy for yourself and you are ready to go! It provides 2 weeks of social emotional activities and videos. There is a k-2 set and a 3-5 set!

Stay healthy,

Sara Davidson

Bethel Elementary

Social-Emotional Learning Choice Board

<p>Work with a family member to build something.</p>	<p>Read a book and talk about how the different characters feel.</p>	<p>Practice being kind today. Tell your family members 2 things you love about them.</p>	<p>Move your body! Do a yoga lesson from Cosmic Kids on Youtube or the video Melting Flow on Youtube.</p>
<p>Play Red Light Green Light to practice self-control.</p>	<p>Teach a family member how to belly breathe. Take 5 belly breaths every hour!</p>	<p>Practice being mindful and name:</p> <ul style="list-style-type: none"><li>5 things that you can see</li><li>4 things that you can touch</li><li>3 things that you can hear</li><li>2 things that you can smell</li><li>1 thing that you can taste</li></ul>	<p>Follow I'm Not Just A Scribble on Facebook and watch a free read aloud of one of her books on managing big emotions.</p>
<p>Practice not being first. For a whole day let the people around you do things before you do them.</p>	<p>Write your ABCs. Next, write as many feelings words as you can for each letter.</p>	<p>Move your body! Pump up your favorite songs and dance or do a dance video from Koo Koo Kangaroo on YouTube.</p>	<p>Name and talk to your worry: 1. Name your worry</p> <p>2. When you feel worried, talk to your worry.</p> <p>"Marcus you are not in charge of my thoughts. I don't need to worry, I can be calm."</p>
<p>Make a list or draw a picture of things that you can do to calm down when you are angry.</p>	<p>Use positive self-talk in the bathroom mirror. Say 5 positive things to yourself.</p>	<p>Create a worry box: Write or draw your worries on a piece of paper. When you are done, crumple or fold</p>	<p>Talk a walk outside and explore.</p>

		them up and put them away in a box.	
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