MC900233510[1]**Practice Skills from Guidance Lessons**

While we are apart, here are some ways to practice your skills:

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| **Skill to Practice** | **Write Your Response Here** |
| Name your feelings |  |
| Do something kind |  |
| Name something you are grateful for |  |
| Name something that you are enjoying about your time at home |  |
| Take 3 deep breaths |  |
| Talk out a problem peacefully with someone |  |
| Speak up about something that you are upset about |  |
| Name what you hear |  |
| Ask someone to play with you |  |
| Send or say kind words to someone |  |
| Go outside and connect with nature |  |
| Exercise |  |
| Ask for help with something |  |
| Say something kind to yourself |  |

**Mrs. Brown can get messages from 523-3640 x4533 or at** [**dbrown@lpcsd.org**](mailto:dbrown@lpcsd.org) **or at** [**dbrown@lakeplacidcsd.net**](mailto:dbrown@lakeplacidcsd.net)

**There are lots more ideas and information on the school counseling webpage at** [**https://lpcsddbrown.weebly.com/resources.html**](https://lpcsddbrown.weebly.com/resources.html)