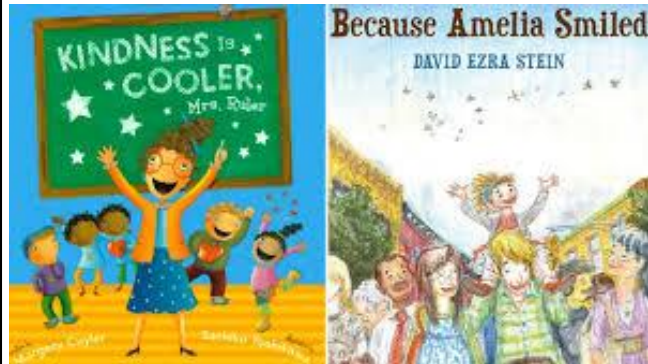


Staying Connected with the Counselors Henderson & George

May 7,
2020

Mental Health Check Up...
How are you Feeling?
Use this link to check
your mental health

Don't forget to Keep Reading! Go
Check out a book on Youtube! This
weeks featured books are about
being kind!



Contact Us
Mrs. Henderson
901-290-8131
hendersonk1@scsk12.org
Ms. George
901-602-3139
georgeds@scsk12.org



Healthy kids:



Summer Safety

Students summer time is near,
and we want you all to stay
safe! This week's tip:

Internet Safety

- 1** Never give out personal information! (Such as phone number, address, passwords or photos)
- 2** Talk to your parents, teacher, or guardians if you feel uncomfortable with what you see on the internet.
- 3** Be polite and respectful of others on-line. Never send a message you would not say face-to-face.
- 4** Never meet with some one you 'meet' on-line.
- 5** When chatting on-line use a nick name that will not reveal anything about you.

MINFULNESS MATTERS!

GREAT ACTIVITY TO HELP CALM CHILDREN AND ADULTS. YOU CAN USE THESE TO BOUNCE AROUND OR TO SQUEEZE LIKE A STRESS BALL. THIS IS A FUN ACTIVITY FOR KIDS AND ADULTS!

How to make a 3D BOUNCY BALL
<https://youtu.be/uhcdgldD48Y>

