**The Counselor’s Corner**

***From the Office of Perry County School’s Behavior Interventionist ----- J. R. Ainsworth, M. Ed***

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| ***A Word to All the Students and Parents***We all need to remember that all of these issues with the COVID-19 Virus is only a part of our lives and not our entire lives. Consider it a minor setback on the rest of our lives. We will overcome this and come back stronger than ever.Some of you I have talked about my “5 Rule.” For those I haven’t told it to, I would like to share it now. If we are knocked down with a slap to the face, as we are right now, will we remember it in 5 seconds? Of course we will. It just happened. Will we remember it in 5 minutes? Again, yes we will. It only happened a few minutes ago. Will we remember it in 5 hours? Again, yes but not as intensely. The sting is starting to wear off.Will we remember it 5 days from now? Yes, but now there are others things we are thinking about and it is not one of the primary things we are thinking about. Will we remember in 5 weeks? Not so much anymore. It’s now becoming a bit of a memory and we no longer think about it but now and then. Will we remember it 5 months from now? Maybe. It depends on if the thought comes to mind or if someone brings up the slap in the face. Will we remember it 5 years? At that point, we will be telling stories and even jokes about the time when…….The point is, this is happening to us right here and right now and in the near future we will be moving back to normal. Doing and thinking about other things. Going on with our lives and enjoying what life has in store for us. Don’t let what is happening now, keep you from preparing yourself for the future.  | ***What Else Can We Do?***If your child gets bored…… If they finish their school work….. If they need something to do……***Try Unschooling*****Unschooling** is a style of home education that allows the student's interests and curiosities to drive the path of learning. Rather than using a defined curriculum, **unschoolers** trust children to gain knowledge naturally.Basically, if a child shows interests in something; let’s say horses. Then, all reading, writing, math, science, and art assignments would be centered around horses. Whether it is videos, internet, books, or other forms of media, the child would use this interest to improve on their spelling, writing, vocabulary, reading fluency, and math computations. All of this could be followed up by finishing up the day by asking the child, “So what did you learn today?”

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| When talking to your child about the COVID – 19 Virus, remember…..**Be developmentally appropriate.** Don’t volunteer too much information, as this may be overwhelming. Instead, try to answer your child’s questions. Do your best to answer honestly and clearly. It’s okay if you can’t answer everything; being available to your child is what matters. |

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| ***Some basic things you can do during this time….***1. Start a journal of things going on both in the world and in your own life. Great way to share things down the road.
2. Keep in touch with friends and family via texting, e-mail, Instagram, phone calls, etc….
3. Spend some quality time in the yard shooting basketball, throwing a baseball, riding a bike, learning a new game, etc….
4. Take pictures of things you find fascinating.
 | ***"I like to think of life as an adventure, like a roller coaster. It helps with the ups and downs."******Eddie Izzard******“Be strong now because things will get better. It might be story, but it can’t rain forever.”******Ron Rash******Need someone to talk to? … Text HELP to 741741*** |