

# ADHUS/FAUHS COUNSELOR CORNER

## Conversations With Your School Counselors

### Fostering Friendships Virtually



Maintaining friendships during this time is important for students and adults alike! However, zoom or facetime chats may be getting old. This week we share some ideas for fun virtual get togethers.

#### Some helpful tips...

- Gather friends for a virtual game night.
- Host a movie night and have them all watch together.
- Look for (or create) neighborhood scavenger hunts.
- Go retro and mail letters.
- Go for bike rides or other outdoor activities where it's ok to maintain distance.
- Schedule parades and other fun ways to stay connected and see each other!

[CLICK HERE](#) to see the full article. You'll find more details about how to host some of these fun events!

True friends are  
never apart; maybe in distance,  
but never in heart.



### Emergency Hotlines

Dial 211 for Mobile Crisis and other resources such as: COVID-19 testing, food, housing, bill assistance, medical assistance, etc.

Dial 911 for any immediate emergencies.

Dial 1-800-962-2873 for the Department of Children and Families

Suicide Prevention Hotlines:  
1-800-SUICIDE

Dial 561-297-3540 for FAU CAPS. Offered to students in 9-12th grade by Ari:  
osmana@health.fau.edu

# School Counseling Weekly Lessons and Tips

♥ "THE ONLY WAY TO HAVE A FRIEND IS TO BE ONE." RALPH WALDO EMERSON ♥

## Elementary (K-5)

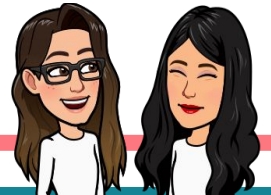
Christine Abreu

Kindergarten-4th Grade: On Your Own!

- Write a letter, make a drawing, or send a nice note or video to a classmate or friend!

5th Grade: Log into the SEL Google Classroom for this week.

- Share fun ways to stay connected with friends!
- Join our Wellness MeetUp every Tuesday at 1:00pm.



## Middle (6-8)

Maegan Renee or Christine Abreu

Students can log into their School Counseling Google Classroom.

- Send a nice note to your classmates on nearpod collaborate board.
- Join our Wellness MeetUp every Friday at 10:30am.



## High (9-12)

Maegan Renee

- Join our first FAUHS Wellness MeetUp with Dr. Renee and Ari on May 7th at 1:30pm.
- This week consider sending a letter or card to a friend in the mail!

*Good friends are like stars, you don't always see them  
but you know they are there!*