



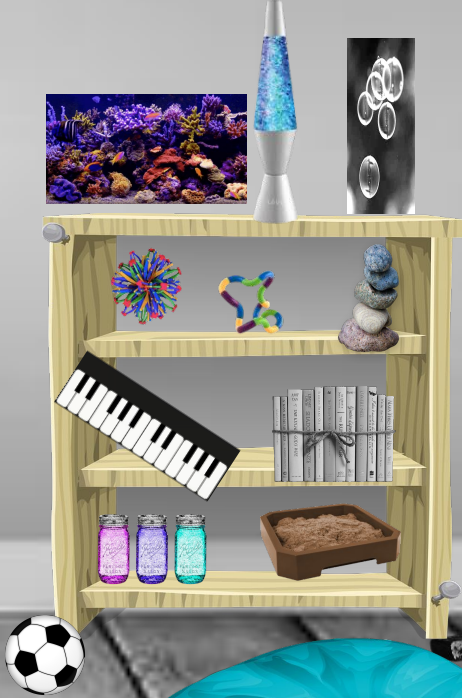
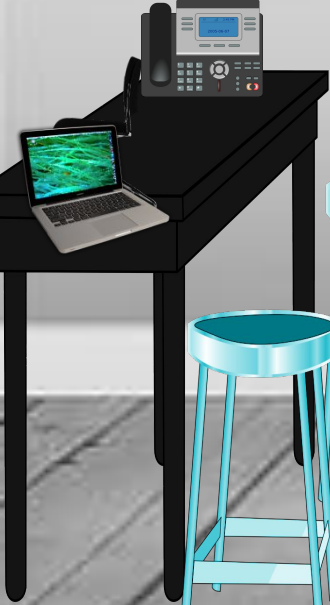
 → I AM YOUR ←
Social Worker
 I DON'T HAVE
 A MAGIC WAND
 CRYSTAL BALL or ALL THE ANSWERS
 BUT I DO HAVE
 A HEART TO CARE, EARS TO LISTEN
 ♥ TIME TO GIVE ♥
 IDEAS TO SHARE & AN OPEN MIND
 I AM YOUR SOCIAL WORKER,
 I May Not Be Able to Fix All Your Problems, But I Can
 Promise That You Won't Have to Face Them Alone
 I AM HERE FOR YOU.

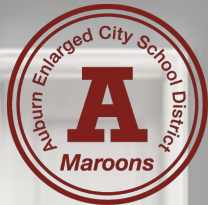
Welcome to the Elementary Social-Emotional Learning Virtual Office!
Click on the phone for our numbers.
 Email us by clicking on the laptop..
 Click the sign on the table to meet our team!
 Click on all of the items around each room and see what happens!
 Resources are available by clicking the basket on the table.





WHAT YOU SAY
 In Here...
STAYS IN HERE
 UNLESS:
 1. Someone is hurting you.
 2. You want to hurt someone.
 3. You want to hurt you.
 4. You give permission to share with another trusting adult.





Elementary Social-Emotional Team



Casey Park

Herman Ave.

Seward

Genesee

Owasco



Ms. Carey-Dixon

Mrs. Poole

Mrs. Anthony

Ms. Evans

Mrs. Ouder Kirk

Ms. VanArsdale

Mrs. Vuono

Mrs. Solomon

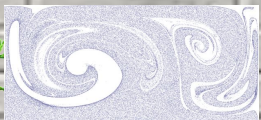
Ms. Coomey

Dr. Marjinsky

Ms. Poirier



The Zen Den



Feeling Exploration Room














KEEP CALM
and see your
School Social Worker
KeepCalmAndPosters.com

All feelings are OK. It's what you do with them that matters.



How are you Feeling Today?

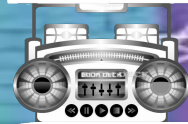
 Happy	 Sad	 Angry
 Worried	 Shy	 Excited
 Surprised	 Silly	 Embarrassed

FEAR 	JOY 	DISGUST 
ANGER 	Disney Pixar INSIDE OUT	SADNESS 

Please click on each Inside Out character to learn more about feelings and coping skills!



**BELIEVE
THERE IS
GOOD IN
THE WORLD**



Be the **REASON**
someone
SMILES today

when you feel sad



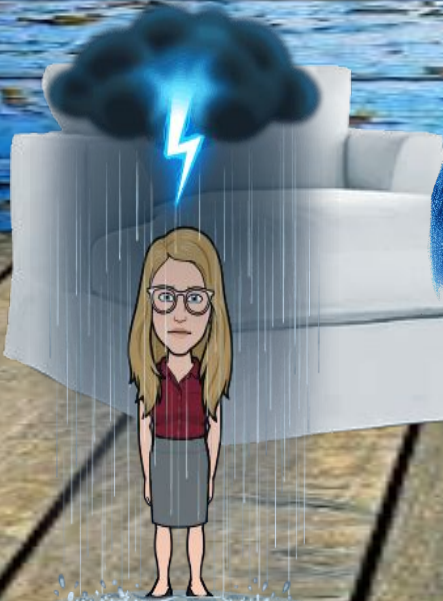
If it makes you feel better,

cry, talk, sleep,

but don't harm yourself or others.

- ### COPING TOOLS: What Helps Me
- Read A Book or Magazine
 - Hug or Climb a Tree
 - Journal or Write a Letter
 - Use Kind & Compassionate Self-Talk
 - Make a Collage or Scrapbook
 - Rest, Nap or Take a Break
 - Go on a Bike, Walk or Run
 - Drink Water
 - Play a Board Game
 - Do Something Kind
 - Make and Play with Slime
 - Discover Treasures in Nature
 - Take a Shower or Bath
 - Exercise
 - Drink a Warm Cup of Tea
 - Forgive. Let Go. Move On
 - Practice Yoga
 - Garden or Do Yardwork
 - Jump on a Trampoline
 - Cuddle or Play with Your Pet
 - Practice Gratitude
 - Do a Puzzle
 - Blow Bubbles
 - Smile and Laugh
 - Hide a Bike or Skateboard
 - Create Crafts
 - Cook or Bake
 - Ask for Help
 - Talk to Someone You Trust
 - Weave, Knit or Crochet
 - Build Something
 - Get a Hug
 - Visualizing a Peaceful Place
 - Make Art
 - Stretch
 - Use Positive Affirmations
 - Take Slow, Mindful Breaths
 - Clean, Declutter or Organize
 - Use Aromatherapy
 - Cry
 - Try or Learn Something New
 - Listen to Music
 - Use a Stress Ball or Other Fidget
 - Eat Plenty of Sleep
 - Pick, Bounce or Throw a Ball
 - Take or Look at Photographs
 - Eat Healthy
 - Play Outside
 - Sing and/or Dance

just breathe

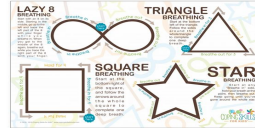


WHAT TRIGGERED ME

- 1. I felt excluded.
- 2. I felt **powerless.**
- 3. I felt unheard.
- 4. I felt scolded.
- 5. I felt judged.
- 6. I felt blamed.
- 7. I felt **disrespected.**
- 8. I felt a lack of affection.
- 9. I felt I couldn't speak up.
- 10. I felt lonely.
- 11. I felt **ignored.**
- 12. I felt I couldn't be honest.
- 13. I felt like the bad guy.
- 14. I felt forgotten.
- 15. I felt unsafe.
- 16. I felt **unloved.**
- 17. I felt like it was unfair.
- 18. I felt frustrated.
- 19. I felt disconnected.
- 20. I felt trapped.
- 21. I felt a lack of passion.
- 22. I felt uncared for.
- 23. I felt **manipulated.**
- 24. I felt controlled.

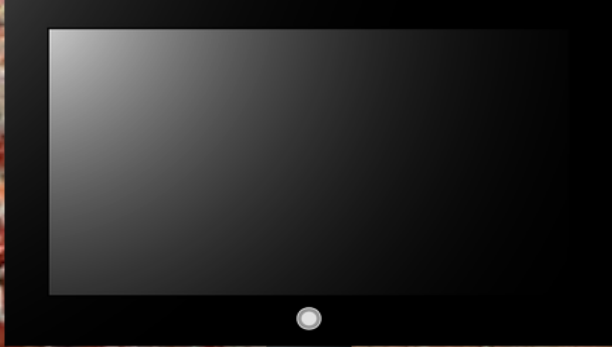
The Gottman Institute

BlessingManifesting



What ZONE Are You In?

Blue	Green	Yellow	Red
Feeling safe and secure	Feeling calm and relaxed	Feeling stressed and overwhelmed	Feeling angry and hostile



BREATHING TRACE

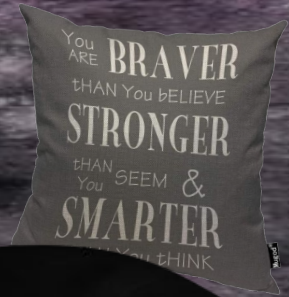
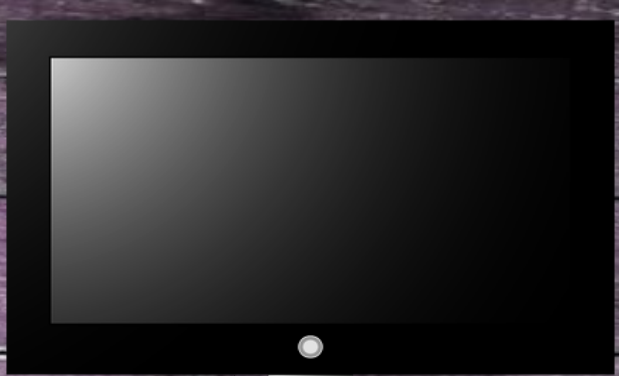
- Breathe like a **SUPERHERO!** Follow the arrows, making a figure 8 with your finger as you breathe in and out.
- Channel your inner **RAINBOW!** Inhale as you trace your finger from the first to the second cloud. Exhale as you trace your finger back.
- Feel the freedom of a **FERRIS WHEEL!** Inhale as your finger begins the ride and exhale as you go round again.
- Experience slow motion as your finger jumps on the **TRAMPOLINE!** Inhale as you slowly jump up and exhale as you gently come back down.

© Christine Serrati Ltd

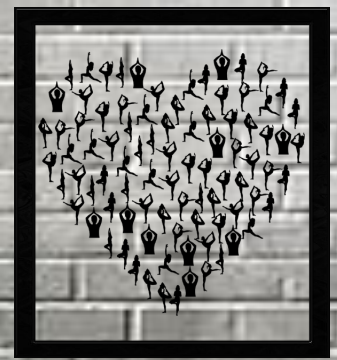
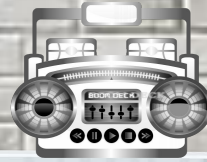
when you feel ANXIOUS

@PROFESSIONAL

- GO OUTSIDE
- ASK FOR HELP
- CREATE SOMETHING
- DRINK WATER
- WRITE ABOUT HOW YOU FEEL
- LISTEN TO SOOTHING SONGS
- TAKE A DEEP BREATH
- FIND A POSITIVE DISTRACTION
- STAY PRESENT
- HOW FEELING ANXIOUS CAN YOU HELP ME?



Body Boosters!



**KIDZ
BOP**



ZUMBA



OFFICE
←

DIVERSE
INCLUSIVE
ACCEPTING
WELCOMING
SAFE SPACE
FOR EVERYONE

be KIND

LET'S READ

Choose
LOVE

Just Love Yourself



OFFICE
←

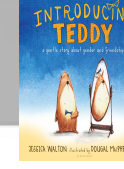
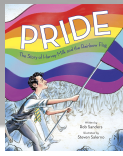


YOU
MATTER.

LOVE
HAS
NO
LIMITS

LOVE WINS

SAFE
SPACE



June is Pride Month. Take a look at some amazing books to help celebrate our LGBTQ+ community.



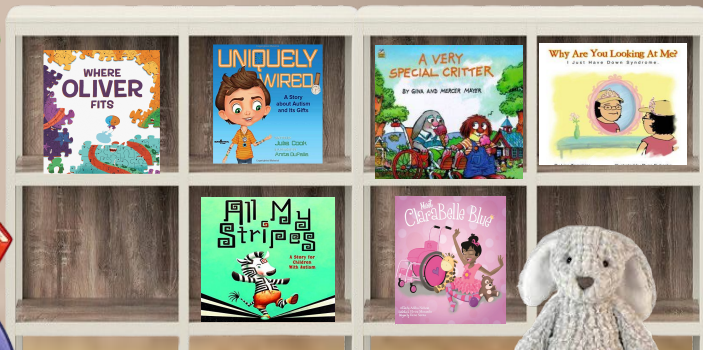
LIBRARY

ONE KIND WORD

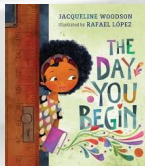
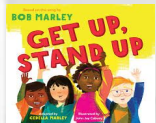
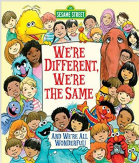
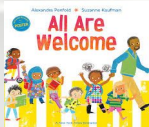
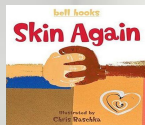
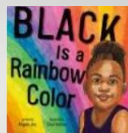
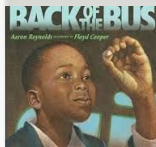
CAN CHANGE
SOMEONE'S
ENTIRE DAY

Life doesn't have
to be *perfect*
to be *Wonderful*

Be the
REASON SOMEONE
SMILES
TODAY.

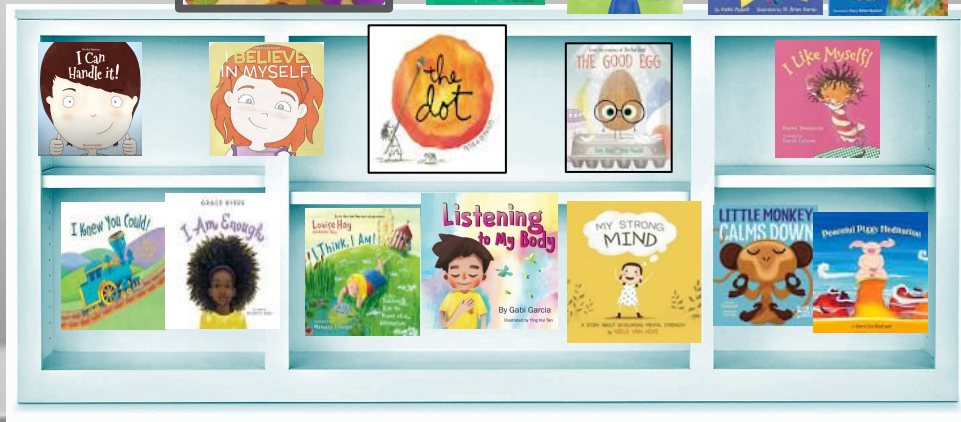
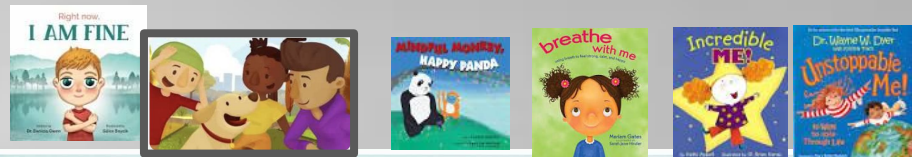


LIBRARY



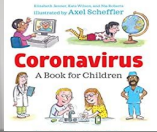
LIBRARY





LIBRARY

Self esteem and emotional well-being



COVID-19



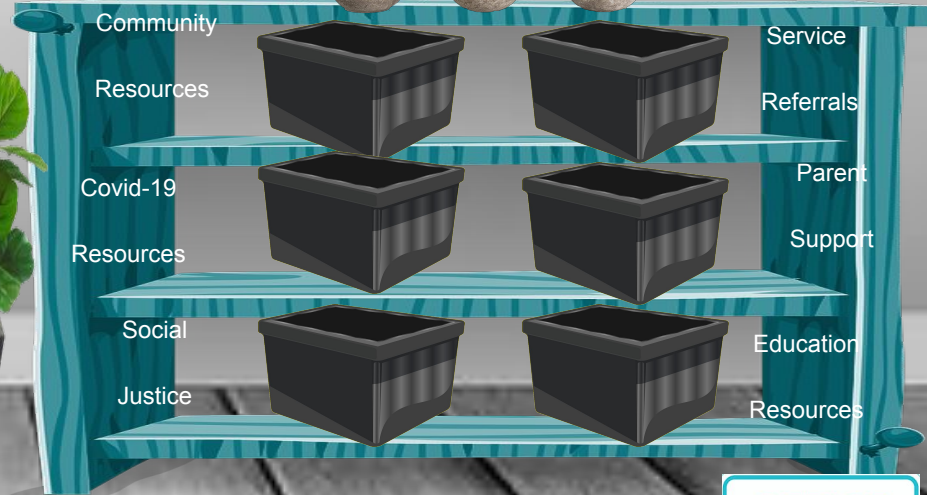
Be **SMART**
Be **SAFE**
Be **INFORMED**
Be **PREPARED**
Be **READY** to fight
COVID-19



OFFICE
←

Family Resources

Please click on the bookshelf
for activities, information
and referral forms.



Casey Park Elementary School

<i>Casey Carey-Dixon</i>	<i>Jennifer VanArsdale</i>	<i>Amanda Poirier</i>
<i>Social Worker</i>	<i>Psychologist</i>	<i>School Counselor</i>
<i>315-255-8752</i>	<i>315-255-8767</i>	<i>315-255-3779</i>

Herman Avenue Elementary School

<i>Jennifer Poole</i>	<i>Christine Vuono</i>	<i>Amanda Poirier</i>
<i>Social Worker</i>	<i>Psychologist</i>	<i>School Counselor</i>
<i>315-255-8660</i>	<i>315-255-8682</i>	<i>315-255-3779</i>

Seward Elementary School

<i>Jennifer Anthony</i>	<i>Mary (Dee) Solomon</i>	<i>Amanda Poirier</i>
<i>Social Worker</i>	<i>Psychologist</i>	<i>School Counselor</i>
<i>315--255-8610</i>	<i>315-255-8603</i>	<i>315-255-3779</i>

Genesee Elementary School

<i>Ashley Evans</i>	<i>Emma Coomey</i>	<i>Amanda Poirier</i>
<i>Social Worker</i>	<i>Psychologist</i>	<i>School Counselor</i>
<i>315-255-8889</i>	<i>315-255-8647</i>	<i>315-255-3779</i>

Owasco Elementary School

<i>Kristina Ouder Kirk</i>	<i>Kathleen Marjinsky</i>	<i>Amanda Poirier</i>
<i>Social Worker</i>	<i>Psychologist</i>	<i>School Counselor</i>
<i>315-255-8741</i>	<i>315-255-8722</i>	<i>315-255-3779</i>

OFFICE



Casey Park Elementary School:

caseycareydixon@aecsd.education
jennifervanarsdale@aecsd.education
amandapoirier@aecsd.education

Herman Avenue Elementary School:

jenniferpoole@aecsd.education
christinevuono@aecsd.education
amandapoirier@aecsd.education

Seward Elementary School:

jenniferanthony@aecsd.education
marysolomon@aecsd.education
amandapoirier@aecsd.education

Genesee Elementary School:

ashleyevans@aecsd.education
emmacoomey@aecsd.education
amandapoirier@aecsd.education

Owasco Elementary School:

kristinaouderkirk@aecsd.education
kathleenmarjinsky@aecsd.education
amandapoirier@aecsd.education

OFFICE

