

Bushnell - Prairie City Schools

Community Unit District 170

PO BOX 29

Bushnell, Illinois 61422

309-772-9464

Fax (309)772-9466

Parents,

Enclosed is the at home learning for students receiving social work services at school. These are general activities and do not reflect a students individual needs. Please do one activity per week of at home learning. Feel free to do more if you want! The student will receive a small reward for each activity they complete!

If you have online access and would like to choose an online activity, please go to the website <https://schoolsocialworker.weebly.com/> and click on:



Sincerely,
Laura Wilhite - Social Worker

[Follow me on twitter](#) 😊

309-772-3123

Becky Hobson – Social Worker

<https://schoolsocialworker.weebly.com/>

309-270-6108

Watch this video and then complete a kindness mission.

Kindness mission: Do something nice for someone else. You have one week to complete this mission. Good luck!!

<https://www.youtube.com/watch?v=rweIE8yyY0U&feature=youtu.be>

Listen to, “Be Still Little Tree, Be Still,” and think about three things you worry about. Reflect on how you can calm down when you start to worry about those things. Practice BOB(Be still, Observe, Breathe).

<https://www.youtube.com/watch?v=CUqM90kkyks>

Watch this video and reflect on things that make you upset. Think about how your body feels when you are upset. Practice taking deep breaths.

<https://www.crisisprevention.com/Blog/Breathe>

Draw a picture of an animal.

In what ways are you like this animal?

Find another person to play this “squiggle game” with. Each person gets a blank sheet of paper. Draw a “squiggle”. Trade papers with the other person. Draw a picture with their “squiggle”. Tell the other person about your picture. If you are feeling really brave, tell a story using the pictures.

Draw or write what your perfect day would look like today.