

Adriana Wingard- School Counselor April 27- May 1, 2020

The theme of this week is **Opportunity**

I encourage you to see the *opportunity* during this crisis. I know it is hard but believe me, You Can Do It!

|  |
| --- |
| **Week of Opportunity** |
| **Monday** | **Goal** setting for this week (Example: To finish all my assignments before Friday)C:\Users\Adriana\Desktop\2020\22170320-student-boy-happy-after-finished-homework.jpg |
| **Tuesday** | **Create** a schedule and stick with it (Visualize: Example: “If I wake up every day no later than 8:00- I will get rewarded by my family” –toy, extra free time, candy, verbal praise, etc.)C:\Users\Adriana\Desktop\2020\failure.jpg |
| **Wednesday** | **Opportunity** –now is the time to learn something new from Youtube tutorials, read a book, call a distant cousin, explore a corner untouched of your house, etc.C:\Users\Adriana\Desktop\2020\download (1).jpg |
| **Thursday** | **Persistence** and perseverance will pay off (just try it!)C:\Users\Adriana\Desktop\2020\shutterstock_762806212-e1540927532937.jpg |
| **Friday** | **Achievement**-Satisfaction of being in control of your life! Yes, you are Powerful!C:\Users\Adriana\Desktop\2020\download.jpg |