



Northpointe

HOPE & EMPOWERMENT



Creative Ways to Meet Children's Mental Health Needs Through Telehealth

Working in Microsoft Teams

Upload Files

- ▶ Go to the **Files** tab.
- ▶ Select **Upload**
- ▶ Select single or multiple files from personal computer or OneDrive for Business account.
- ▶ Select **Open**

Sharing Your Files

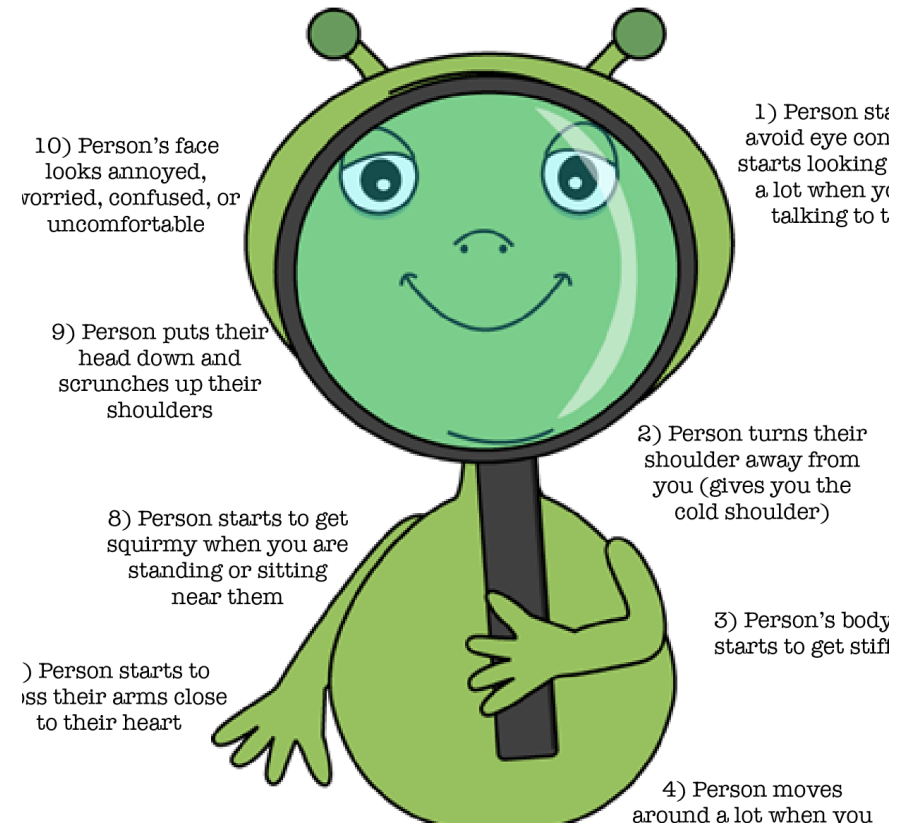
- ▶ Select **Share**
- ▶ Select what you want to share:
- ▶ **Desktop** lets you show everything on your screen.
- ▶ **Window** lets you show a specific app.
- ▶ **PowerPoint** lets you show a presentation.
- ▶ **Browse** lets you find the file you want to show.
- ▶ After you select what you want to show, a red borders surrounds what you're sharing.
- ▶ Select **Stop sharing** to stop showing your screen.

Upload Activities from Websites or Your Own Files.

- ▶ www.thehelpfulcounselor.com
- ▶ www.trailstowellness.org
- ▶ www.teacherspayteachers.com

Am I being PERSONAL SPACE INVADER?

Look for these clues...



Suggested Activities

- ▶ Mindfulness
- ▶ Anger Management
- ▶ Coping Skills
- ▶ Zones of Regulation
- ▶ Self Regulation
- ▶ Social Skills



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Role Model Coach Assist Support Teach

Read Books

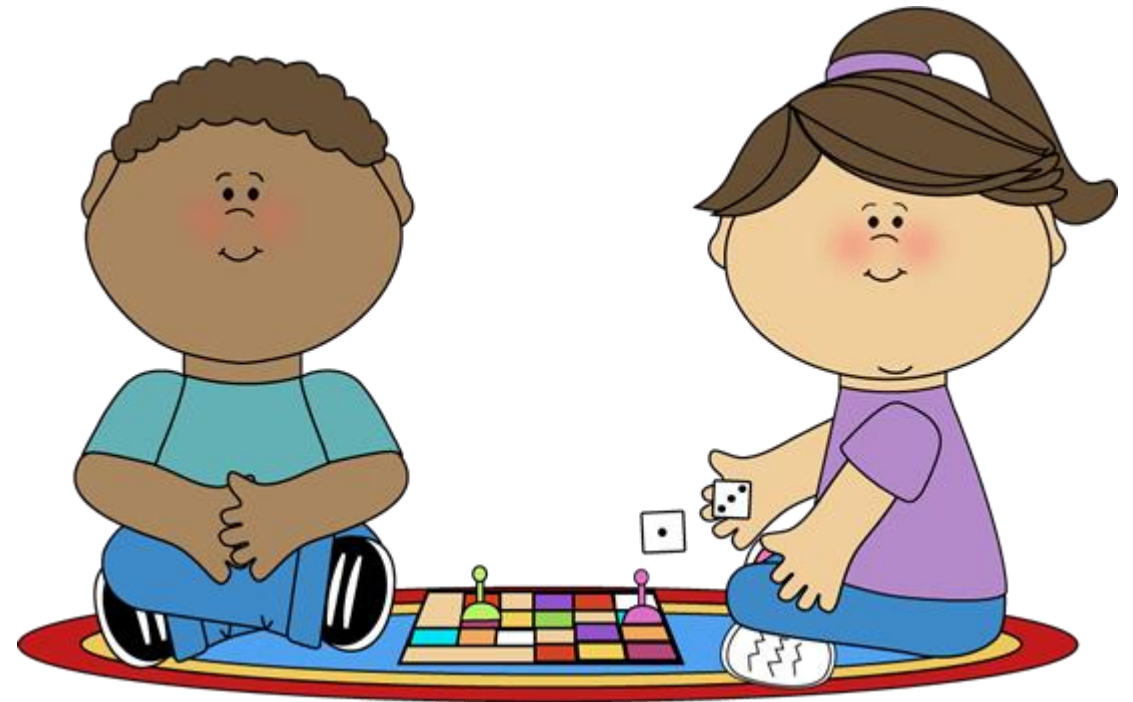
- ▶ Introduce the topic.
- ▶ Take turns reading the book to support reading skills and turn taking.
- ▶ Add an activity that corresponds with the book read.
- ▶ Ask questions while reading to test comprehension.



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Play Games

- ▶ Have the child pick a game from home to play with you or have one ready.
- ▶ Some examples: Sorry, Candy Land, Chutes and Ladders.
- ▶ Have them move your piece or you move theirs.
- ▶ Choose Uno or card games that work on math skills.



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Build with LEGO's

- ▶ Build LEGO's with a child to use as a coping skill.
- ▶ Use 30-Day Lego Challenge
- ▶ Have parents send a picture each day if you have an agency issued phone through texting.

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30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

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	Day 1	Day 2	Day 3	Day 4		
	You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.		
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.	Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.	Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25
The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.	Design and build your dream bedroom.
Day 26	Day 27	Day 28	Day 29	Day 30		What was your favorite day?
You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.	You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile		

LEGO's