



LESTER C. NOECKER SCHOOL
ROSELAND SCHOOL DISTRICT

Counselor's Corner

Lynn Cummings, Noecker School Counselor

Contact me: lcummings@roselandnjboe.org

Resources for Parents to help their children during the school closure:

https://docs.google.com/spreadsheets/d/1SvbRw_Vlw278s9uMq6e9IE_qiGZ9qUS-cluQ7xjqr64/edit A large variety of articles and resources

<https://www.yogacalm.org/online-yoga-class/> Free online yoga classes

<https://www.mindfulschools.org/implementation-stories/screens-schooling-structure-finding-family-balance-during-the-pandemic/> Tips for family / student re: structure at home

<https://drive.google.com/drive/u/0/my-drive> Planner for creating routines

<https://www.centervention.com/mindfulness-activities-for-kids/> variety of information