## The School Counseling Connection

HCPSS Elementary School Counseling Bi-Monthly Newsletter

## We're Here to Help!

## CHILDREN'S BOOK READING/VIDEO:

K-2: The Grumpy Monkey Retrieved 5/11/2020 from https://www.youtube.com/watch?v=wylzbbSL668

**3-5:** <u>4-7-8 Breathing Exercise by GoZen</u> This is a great breathing exercise for both adults and children. Basic breathing exercises that encourage breath control can help release stress. Retrieved 5/15/2020 from <a href="https://youtu.be/Uxbdx-SeOOo">https://youtu.be/Uxbdx-SeOOo</a>

## MAY IS MENTAL HEALTH AWARENESS MONTH:

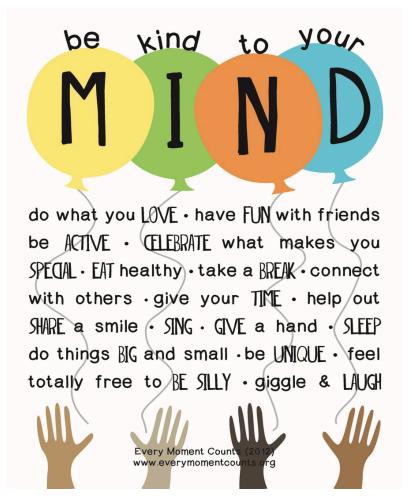


Image retrieved from https://twitter.com/ulfat shaikh/status/927720470077571073

Issue 4 May 18, 2020



Image retrieved 5/11/2020 from <a href="https://apps.apple.com/us/app/sleep-meditations-for-kids/id549">https://apps.apple.com/us/app/sleep-meditations-for-kids/id549</a> 414156

## **Sleep Meditations for Kids**

A Children's Bedtime App 4+

Sleep Meditations for Kids is a children's meditation app by leading yoga teacher and Montessori teacher Christiane Kerr.

Sleep was created for children of all ages. This app features a relaxing FREE kids relaxation meditation, plus many more meditation tracks available as inApp purchases. Check out the Sleep app today!

## **SELF CARE:**

## Coping Skill Spotlight: Positive Affirmations



Image retrieved 4/29/2020 from https://lakehouserecoverycenter.com/blog/inspirational-photo-positive-post-its/

#### Affirmations are short; positive "I am" statements.

Have you said to yourself a positive statement when you are feeling stressed, nervous, excited, angry, frustrated, happy? If yes, are you practicing positive affirmations!

A few examples: I am healthy and strong. I am confident and capable. I learn best at my own pace. I am safe. I am loved.

You can challenge negative thinking or unnecessary thoughts when you practice repeating a positive phrase, quote or word to yourself.

A few more examples: I am a good listener. I am a good friend. I am helpful.

#### How can I practice positive affirmations?

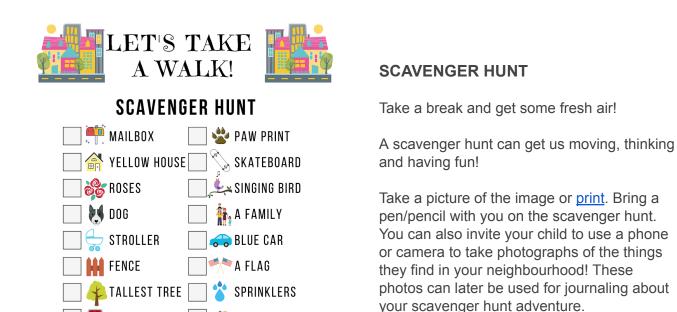
- Post sticky notes throughout your room and in your bathroom (*I am doing my best*).
- Set yourself alarms on your phone with a positive affirmation (*I am strong*).
- Write in a journal (*I am grateful for all that I have*).
- Draw, doodle, paint, color. (I am proud of myself).
- Positive Affirmation Activity

Visit <u>Positive Psychology</u> to learn more about positive affirmations and the research behind the practice.

Issue 4 May 18, 2020

# Physical self care Spotlight: Neighborhood Scavenger Hunt

Image and Content retrieved 5/11/20 from https://heyletsmakestuff.com/printable-back-yard-scavenger-hunt/



CRAFTYMORNING.COM

Image retrieved 5/11/2020 from

A RED DOOR

CLOUDS

**MOTORCYCLE** 

https://www.craftymorning.com/neighborhood-scavenger-hunt-game-sheet/

**₫** BICYCLE

A PACKAGE

DELIVERY TRUCK

## **COUNSELOR CONNECTION:**



Image retrieved 5/11/2020 from http://wickliffepl.org/2020/04/see-you-soon/

# YOUR SCHOOL COUNSELOR IS HERE FOR YOU!

Email your school counselor if you have any questions or concerns. #BetterTogether