

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](https://www.youtube.com/watch?v=wylzbbSL668) Retrieved 5/11/2020 from <https://www.youtube.com/watch?v=wylzbbSL668>

3-5: [4-7-8 Breathing Exercise by GoZen](https://youtu.be/Uxbdx-SeOOo) 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 <https://youtu.be/Uxbdx-SeOOo>

MAY IS MENTAL HEALTH AWARENESS MONTH:



Image retrieved from https://twitter.com/ulfat_shaikh/status/927720470077571073



Image retrieved 5/11/2020 from <https://apps.apple.com/us/app/sleep-meditations-for-kids/id549414156>

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 [Positive Psychology](#) to learn more about positive affirmations and the research behind the practice.

Physical self care Spotlight: Neighborhood Scavenger Hunt

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



SCAVENGER HUNT

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> MAILBOX | <input type="checkbox"/> PAW PRINT |
| <input type="checkbox"/> YELLOW HOUSE | <input type="checkbox"/> SKATEBOARD |
| <input type="checkbox"/> ROSES | <input type="checkbox"/> SINGING BIRD |
| <input type="checkbox"/> DOG | <input type="checkbox"/> A FAMILY |
| <input type="checkbox"/> STROLLER | <input type="checkbox"/> BLUE CAR |
| <input type="checkbox"/> FENCE | <input type="checkbox"/> A FLAG |
| <input type="checkbox"/> TALLEST TREE | <input type="checkbox"/> SPRINKLERS |
| <input type="checkbox"/> A RED DOOR | <input type="checkbox"/> BICYCLE |
| <input type="checkbox"/> CLOUDS | <input type="checkbox"/> A PACKAGE |
| <input type="checkbox"/> MOTORCYCLE | <input type="checkbox"/> DELIVERY TRUCK |

CRAFTYMORNING.COM

Image retrieved 5/11/2020 from

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

SCAVENGER HUNT

Take a break and get some fresh air!

A scavenger hunt can get us moving, thinking and having fun!

Take a picture of the image or [print](#). Bring a pen/pencil with you on the scavenger hunt. You can also invite your child to use a phone or camera to take photographs of the things they find in your neighbourhood! These photos can later be used for journaling about your scavenger hunt adventure.

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