#### 2020

The School Counseling Connection

HCPSS Elementary School Counseling Weekly Newsletter

# We're Here to Help!

### CHILDREN'S BOOK READING/VIDEO:

K-2: <u>I Am Yoga</u> by Susan Verde

3-5: Boost Energy Yoga

## **PARENT ARTICLE:**

Handling Your Kid's Disappointment When Everything Is Canceled

School and events are shutting down, impacting children in unexpected ways. Here's how to deal with the letdown.

## **COMMUNITY RESOURCE:**



Image retrieved from https://www.grassrootscrisis.org/

## WELLNESS APPS:



# STOP, BREATHE & THINK

Image retrieved from <a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a>

Grassroots Crisis Intervention is a 24 hour resource to individuals and families in need of immediate assistance with a personal, mental health, family, or shelter crisis. Visit <u>Grassroots</u> Crisis Intervention to learn more.

Slow down, take a deep breath How are you feeling, what are you thinking?

Check-in with your emotions to receive daily meditation and mindfulness recommendations tuned to how you feel.

This **calming meditation app** experience is uniquely designed to help you stay mindful, de-stress, sleep better, and build the emotional strength and confidence to handle life's ups and downs.

Mindfulness & meditation is the practice. Stop, Breathe & Think is the process.

### **SELF CARE:**

Noun

*1.* the practice of taking action to preserve or improve one's own health. "autonomy in self-care and insulin administration"

 the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.
"expressing oneself is an essential form of self-care

### Coping Skill Spotlight:

How to practice the 5-4-3-2-1 grounding technique

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations. Take a deep belly breath to begin. Take a second deep belly breath to end. Learn more about 5-4-3-2-1



Image retrieved from https://www.camskids.com/supportresources/54321-grounding-technique/

### Physical self care Spotlight:

Breathing exercises can be used to teach children calming techniques, relaxing activities prior-tosleep or as brain break exercises to refocus and re-fresh.

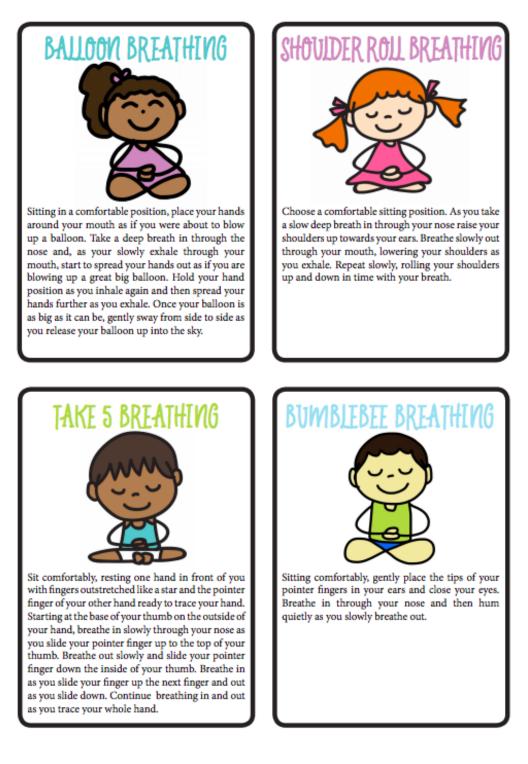


Image retrieved from https://childhood101.com/fun-breathing-exercises-for-kids/



### **YOUR SCHOOL COUNSELOR IS HERE FOR YOU!** Email your school counselor if you have any questions or concerns. #BetterTogether

Hi Thunder Hill Students and Families!

I hope you're doing well and I look forward to reconnecting with you! I've missed seeing our THES students every day!

I will have office hours available daily from 9:30am - 11:30am and from 12:00pm - 1:00pm starting Tuesday, April 14th. I will be scheduling appointments to meet during that time. Please complete the School Counselor Appointment Request Form https://forms.gle/CyRgB81Uvsn56CKN9 if you would like to set up a time to meet.

The School Counseling Department will also be making announcements and posting activities and information on the School Counseling Canvas page in the upcoming weeks.

I look forward to talking with you in the upcoming days and weeks and am wishing you all good health! Keeping you in my thoughts and sending positive wishes to you all.

Stay safe and well,

Becky Reeb School Counselor