

2020

The School Counseling Connection

HCPSS Elementary School Counseling Weekly Newsletter

We're Here to Help!

CHILDREN'S BOOK READING/VIDEO:

K-2: [I Am Yoga](#) 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/>

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 [Grassroots Crisis Intervention](#) to learn more.

WELLNESS APPS:



**STOP, BREATHE
& THINK**

Image retrieved from <https://www.stopbreathethink.com/>

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-to-sleep or as brain break exercises to refocus and re-fresh.

BALLOON BREATHING

Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

SHOULDER ROLL BREATHING

Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

TAKE 5 BREATHING

Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

BUMBLEBEE BREATHING

Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

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

