

# The School Counseling Connection

HCPSS Elementary School Counseling Monthly Newsletter

***We're Here to Help!***  
***Welcome Back Students and Families!***

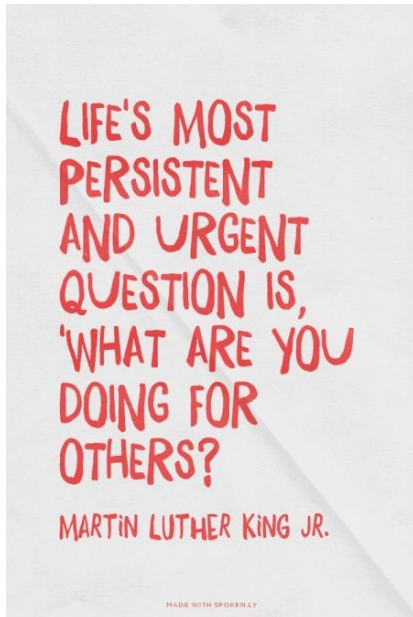


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Image retrieved 1/11/2021 from:  
<http://kindlifeneeds.com/post/6328890/no-act-of-kindness-no-matter-how-small-is-ever-wasted-aesop-aesop>

## ***January 18, 2021 - Martin Luther King Jr. Day*** ***Day of Service "A day on, not a day off."***

Monday, January 18th marks the 35th anniversary of the federal holiday in honor of Rev. Martin Luther King's birthday. It is a holiday that recognizes Rev. Martin Luther King and his tremendous work advancing civil rights and social justice through non-violent protest. MLK Day is designated as a national day of service to encourage all Americans to volunteer to improve their communities. What can you do to give back not only on January 18th but throughout the year?

### **Community service ideas**

- [Just serve](#)
- [Habitat for Humanity](#)
- [Letter Writing Team - Letters to Soldiers](#)
- [Brighten a day - Letters to Elderly or Front Line Providers](#)
- [Donate to your local food bank OR organize a food drive](#)
- Community service through school clubs
- Pick up trash and clean up your neighborhood
- Collect blankets or toiletries for the homeless
- Collect school supplies for children
- Rake leaves for an elderly neighbor.
- Mow your neighbor's lawn.
- Offer dog-walking services.
- Call a local nonprofit, YMCA, community center or other organization and ask how you can help.

## STUDENT WELL-BEING

### *Coping Skill Spotlight: Mindful Hugging*



Image retrieved 1/11/2011 from

<https://mindfulfamilies.net/mindful-parenting/mindfulness-meditation-exercises-children-parents/>

Hugging mindfully brings a feeling of safety, peace, and happiness to both people. Kneel down so that you are about the same height as your child. Stand before each other and look into each other's eyes. Begin by bowing to each other slowly, with your palms joined together before the heart. Then, take each other into your arms, hugging slowly and gently. We will take three long, slow breaths together.

1. Begin by breathing in a long, deep breath, and as you exhale slowly, become aware that you yourself are alive.
2. Taking the second breath, become aware that the other person is alive.
3. Taking the third breath, cultivate happiness and gratitude for being able to hold the other person in your arms.

Now, gently let go of each other and look into each other's eyes again. To close the meditation, bow to each other and, as you come back up, offer a warm smile.

**Credit:** This beautiful practice comes by way of Thich Nhat Ha

## **Kind Acts Spotlight**

Take a look at this great [Kind Acts BINGO](#) activity where you can focus on acts of kindness while having fun.



Volunteering/kind acts can help kids in a positive way. It can show them how to understand and connect with others. It helps them gain higher self-esteem. [While volunteering or doing kind acts, children may develop the skills to think of the world outside of themselves, according to Akua Boateng](#), a psychotherapist based in Philadelphia who works with families. This helps them identify with empathy, compassion and teaches them to connect with others. Parents, too, experience mental and physical health benefits from volunteering with their children, and they report closer family connections. [Kind Acts Bingo](#) is a great way to focus on finding ways to help someone.

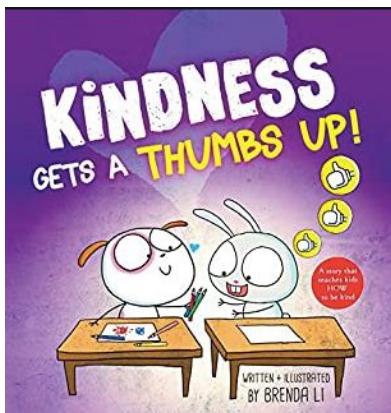
Citation:

## **Children's Book Read Aloud Videos:**

- **K-2: [Kindness Gets A Thumbs Up!](#)**

Retrieved 1/12/21 from:

<https://www.youtube.com/watch?v=PSA4oY4JvNY>

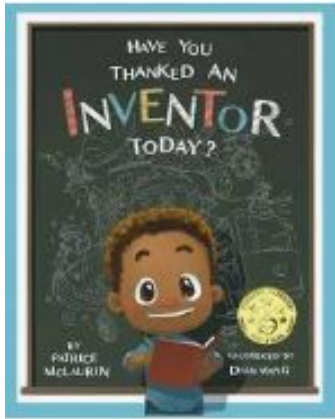


- **3-5: [Have You Thanked An Inventor Today?](#)**

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<https://www.youtube.com/watch?v=Dcwvzg07PUY>



## COUNSELOR CONNECTION:

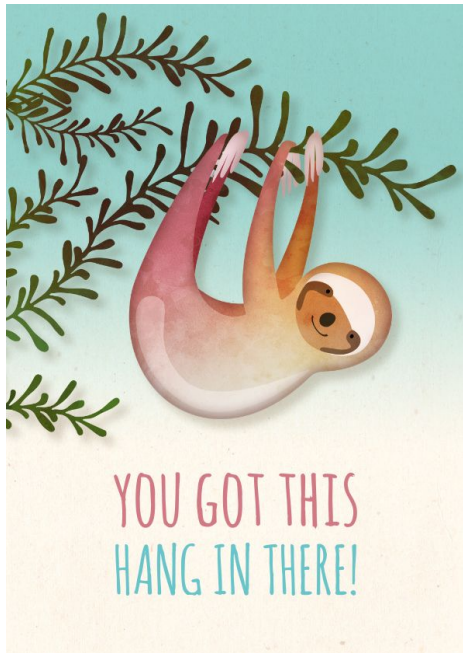


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**Mrs. Sansone, your SCHOOL COUNSELOR IS HERE FOR YOU!** Email your school counselor if you have any questions or concerns.

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#BetterTogether

