

The School Counseling Connection

HCPSS Elementary School Counseling Monthly Newsletter

We're Here to Help!

Welcome Back Students and Families!



Citation:

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

November is National Gratitude Month

Gratitude is more than simply saying “thank you.” Receiving and giving gratitude can move us from focusing on the negative to appreciating what is positive in our lives.

Did you know that gratitude can enhance our moods, decrease stress and drastically improve our overall level of health and wellbeing?

How can you practice gratitude every day?

- [Gratitude - Positive Thinking Exercises for Kids!](#)
- [Journal prompts](#)
- Say thank you
- Volunteer - helping others
- Give compliments
- Take a walk
- [Gratitude scavenger hunt](#)
- Practice meditation



Citation: <https://studenttreasures.com/blog/teaching-kids-gratitude-writing-prompts-about-giving-thanks/>

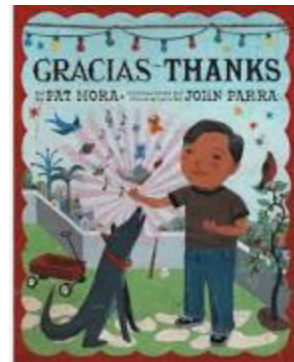
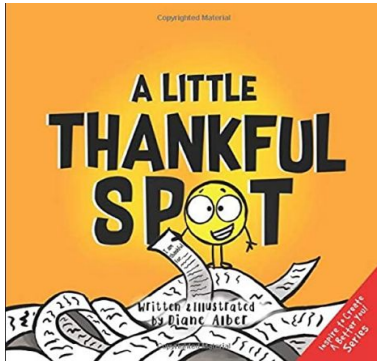
Thank You Notes

The art of a thank you note is a practice that you do on purpose. The writing of the letter and receiving a letter is mindful and gives you the chance to express your gratitude. Take time to write a note to say hello, send well wishes or to say thank you. [Read more](#) about why a thank you note can have such a positive impact on the writer and the person receiving it.

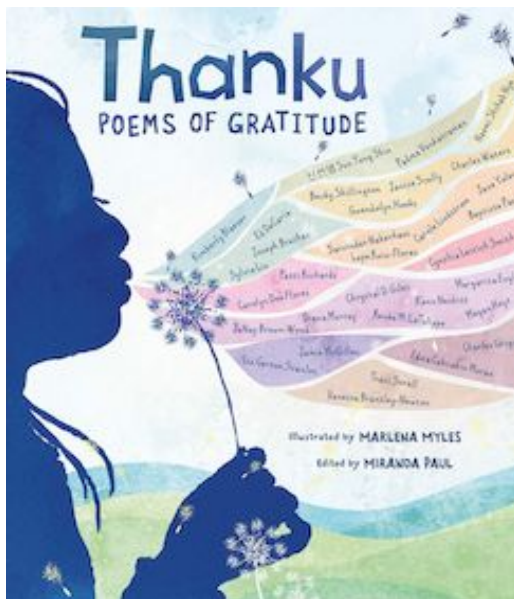
“LIFE MOVES PRETTY FAST. IF YOU DON'T STOP AND LOOK AROUND ONCE IN A WHILE, YOU COULD MISS IT.” – FERRIS BUELLER

Children's Book Read Aloud Video:

- K-2: [A Little Thankful Spot](#)
Retrieved 11/12/20 from:
<https://video.link/w/Zaeob>
- 3-5: [Gracias, Thanks!](#)
Retrieved 11/12/20 from:
<https://video.link/w/ULdob>



Poetry:



Citation: <https://www.responsivereads.com/responsive->

Thanku: Poems of Gratitude

Edited by Miranda Paul, illustrated by Marlena Myles
This poetry anthology explores a wide range of ways to be grateful (from gratitude for a puppy to gratitude for family to gratitude for the sky) with poems by a diverse group of contributors.

Check out:

- ["Diary of a Sweatshirt: The Best Day Ever" from Thanku: Poems of Gratitude, edited by Miranda Paul.](#)
- [Lupe Ruiz-Flores reads aloud her poem "No More Holes for Broken Soles" from Thanku: Poems of Gratitude, edited by Miranda Paul](#)

STUDENT WELL-BEING

Coping Skill Spotlight: Meditation



Image retrieved 11/12/2020 from <https://www.vecteezy.com/vector-art/541168-set-of-multicultural-people-meditate>

Meditation is a tool that we can use to bring calm to our bodies and increase mindfulness. We have a part of our brain called the [amygdala](#) that tells our bodies when we need to rest or slow down. It's like if you leave a car on all night. You're using all of your gas. Meditation is allowing us the time to stop moving, sit quietly, and let the inside and outside of our body relax for a moment of time.

We can also use meditation to help us to focus and concentrate. If students use meditation at least one time in their day (just 5 minutes is fine) they may find that they can focus better on homework and may also be able to pay attention when they are in class. It can also help us feel good about ourselves and remember more when we are learning. Check out [Gratitude Meditation for Kids](#) and the Peace - Love Meditation below to continue your practice!

Citation: <https://blissfulkids.com/mindfulness-and-the-brain-how-to-explain-it-to-children/>

PEACE-LOVE MEDITATION

Get into a comfortable seat and bring your attention to your breath.

-Inhale for four counts, thinking, "Peace."

-Exhale for four counts, thinking, "Love."

-Continue with this peace-love mantra for at least five minutes.

-You could even use this mantra throughout the day, with your eyes open, while doing things at home or at work.



Image retrieved 11/12/2020 from <https://www.shutterstock.com/search/meditation+peace+kids>

Physical Self Care Spotlight: Dancing



Image retrieved 11/13/20 from
<https://www.youtube.com/watch?v=cZeM18fPbYI>

Take some time to **BODY BOOGIE!**

Moving to music is a great way to let yourself go, relieve stress, get your heart pumping and have some fun while listening to the music! As you are moving think about all the good things going on in your life and take some time to express yourself! Let's get into an attitude of gratitude!

COUNSELOR CONNECTION:



Image retrieved 11/12/2020 from
<http://gouchlandschools.org/2020/04/22/we-are-here-for-you/>

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

