

COUNSELOR'S CORNER

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PRACTICE MINDFULNESS ON EARTH DAY

Here's a great idea for a mindfulness game called "The Color Detective" from the folks at mindful.org. Try letting go of your thoughts and connecting with the present moment by finding all of the colors of the rainbow in our surroundings. See if you can open your eyes to the range of colors around you as you walk, drive, or even take a few moments to just stand at your window soaking in the view.

A 5-Minute Earth Day/Spring Practice:

- Walk outside (or stand at an open window) and close your eyes.
- Take three deep breaths, focusing your attention on your breath going in and out.
- Notice the smells of the spring air and then open your eyes.
- Scan the spring landscape for color, and count each color and variation as you encounter it in your view. How many yellows? How many different greens? Any purples? Where do you see life returning to the earth?
- Silently note to yourself the beauty you see today that wasn't here last week, and commit to noticing one new beautiful thing each day for the next week (on your commute, while running errands, or just from your window.)



Source: <http://www.mindful.org/5-minute-spring-awakening-practice-in-honor-of-earth-day/>

APRIL LESSONS

Kindergarten

- Growth Mindset
- Reflecting
- Mindfulness
- Friendship

Grade 1

- Growth Mindset
- Reflecting
- Mindfulness
- Friendship

Grade 2

- Growth Mindset
- Reflecting
- Mindfulness
- Friendship

Grade 3

- Growth Mindset
- Reflecting
- Mindful Listening
- Respecting Differences

Grade 4

- Growth Mindset
- Reflecting
- Mindful Listening
- Respecting Differences

MONTHLY RESOURCE: AETNA.TUMBLR.COM/MINDFULNESS

This website from Aetna Health Care is a great place to find tons of mindfulness resources and tips. As one part of their focus on wellness, Aetna has created this site to help both individuals and families access easy to use mindfulness information and activities. From tips for managing stress to ways to create family downtime to ideas for incorporating mindfulness in your relationships and daily routines, this website provides lots of ideas and inspiration to help you explore and experience the benefits of mindfulness.

PRAISE THAT BUILDS SELF-ESTEEM: HOW TO SAY IT

from understood.org

Self-esteem comes from working hard toward a goal and feeling good about it. So while it's important to praise your child, it's even more meaningful if he learns to appreciate his own effort and its result. What you say—and how you say it—can help your child develop this ability to self-praise. Here are some suggestions.

Situation:	Your child shows you something he's made. But he put in less than his best effort.
You're tempted to say:	"I love what you painted." "The colors you used are great!"
It's better to say:	"That's a great start." "How do you like it?" "Do you think it's your best effort?"
Self-Praise Connection:	Helps your child reflect on whether his work measures up to his expectations. Asks your child to consider how hard he worked and whether he's proud of the work he's done.

Situation:	Your child knows he did something well.
You're tempted to say:	"I knew you could do it!"
It's better to say:	"I'd love to know how you did it! What strategies did you use?" "Wow, I can see why you're excited. You worked really hard."
Self-Praise Connection:	Asks your child to examine what he did well. Helps your child acknowledge and take pride in his effort and success.

Situation:	Your child doesn't meet his goal, despite working hard.
You're tempted to say:	"I know you didn't finish all the books for the reading competition, but you really tried. Let's go out for ice cream anyway!"
It's better to say:	"I'm sorry you didn't quite make it to your goal. You got close! Do you feel like you can do it the next time?" "It's nice that you enjoyed the books you did read, even though reading can be hard for you."
Self-Praise Connection:	Asks your child to reflect on what worked, not just what needs improvement. Helps your child learn to be OK with doing things he likes, but isn't great at.

Situation:	Your child behaves well.
You're tempted to say:	"You were such a good boy."
It's better to say:	"Thank you for focusing/listening/helping/following the rules. I know it took hard work to do that."
Self-Praise Connection:	Gives your child specific feedback. Allows him to start self-monitoring and recognize "good" behavior.

Praise can help motivate your child. But self-esteem comes from working hard toward a goal. It's important to give your child opportunities to find and pursue new interests that they like. You can support your child by helping them to explore their strengths so that they can discover new activities that are of interest to them.

Source: <https://www.understood.org/en/friends-feelings/empowering-your-child/celebrating-successes/how-to-praise-your-child-build-self-esteem>