

12, 2021

The School Counseling Connection
HCPSS Middle School Counseling Monthly Newsletter
We're Here to Help!
Welcome Back Students and Families!



Image retrieved 4/1/2021 <https://www.wheniscalendars.com/when-is-national-day-of-hope/>

April is the National Month of Hope, during this time as flowers are beginning to bloom we are aware of trying to lift the spirits of others and our own. This month is important to think of ways to bring hope to someone in your community, there are many ways to accomplish this whether it is giving of your time, donations, or finding other ways to contribute. Bringing a ray of sunshine to someone's life will and can make all the difference!

How to Observe National Month of Hope ([National Day Calendar, 4/2021](#)):

- ❖ Volunteer by reading to children in schools
- ❖ Experience meaningful and healthy communication with loved ones, family, friends, co-workers, and colleagues
- ❖ Consider how you can give time, food, and money to help families in need
- ❖ Post on social media words of hope. Use **#NationalHopeMonth** to share your hope on social media.
- ❖ Share your story of overcoming with those who are going through hard times
- ❖ Lend a helping hand to those in need
- ❖ Clean up areas where there is trash such as parks and beaches
- ❖ Consider volunteering in a homeless shelter. "Unless you walk a mile in their shoes you won't know how to help!"

Hope is being able to see that there is light despite all of the darkness. ~Desmond TuTu

STUDENT WELL-BEING

Coping Skill Spotlight: Hope



Image retrieved 3/2/2021 from: <https://www.toolshero.com/personal-development/snyders-hope-theory/>

Hope is the belief that things will get better. Hope allows us to move towards goals, improve motivation, and develop a plan to overcome obstacles. There is an activity that comes from the work of Kate Snowise (2016) and is developed from Snyder's Hope Theory. Consider spending time journaling the following three questions surrounding hope. ([Houston, 2020](#)).

Hope: What is one goal you hope to achieve in the future?

Plan & Action: What small actions can you take that will start moving you closer towards this goal?

Believe: Write down 3 short sentences that will help remind you of your capabilities, for instance, "*I am capable and resourceful.*"



Image retrieved 4/9/2021 from:

<https://www.pinterest.com/pin/327707310381679841/visual-search/?x=16&y=14&w=530&h=444>

Coping Skill Spotlight: Hope

Select the image to view the video



Join Adriene for an 18 minute yoga flow created to inspire grounding and balance. Anchor in Hope is an opportunity to condition and strengthen your body which will extend your sense of trust and hope. Note that yoga practice similar to all exercise practices can be adapted to all levels, beginner to advanced.

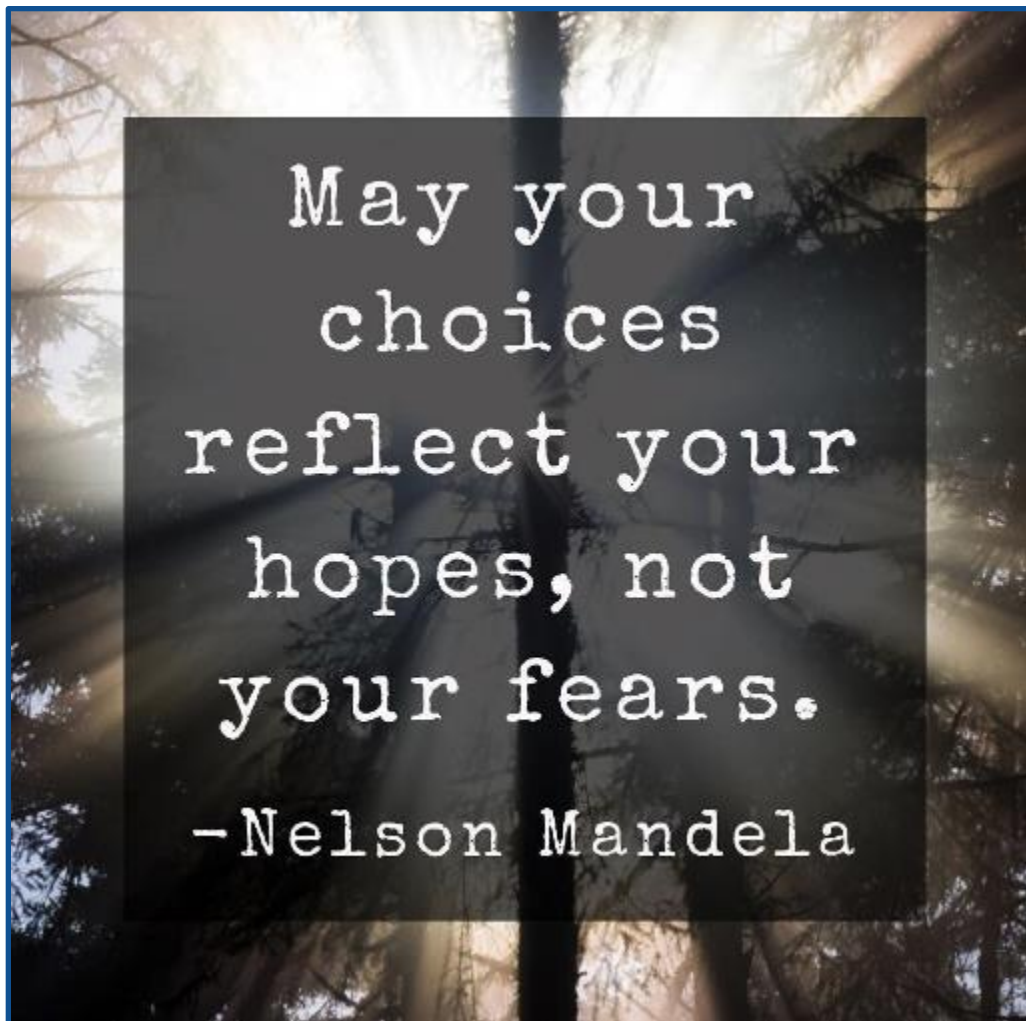


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COUNSELOR CONNECTION



Image retrieved 4/9/2021 from <https://pixabay.com/photos/spring-heart-wooden-daisies-grass-3354936/>

YOUR SCHOOL COUNSELOR IS HERE FOR YOU!

Email us if you have any questions or concerns

#BetterTogether