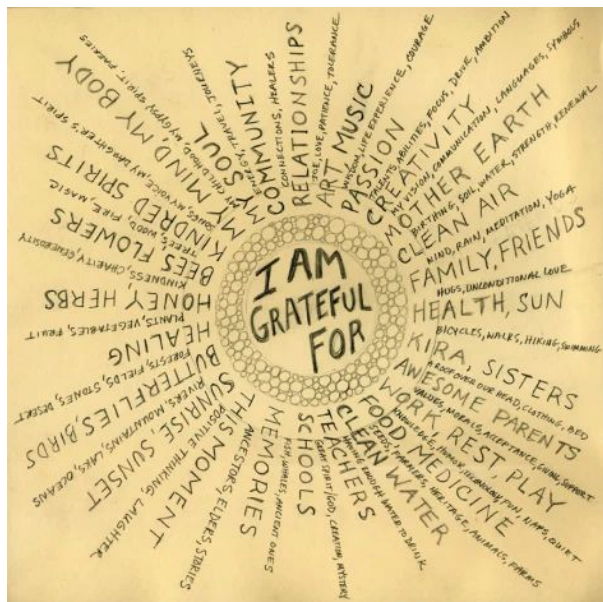


The School Counseling Connection

HCPSS Middle School Counseling Monthly Newsletter

We're Here to Help!

Welcome Back Students and Families!



Citation: <https://storminacup.com/2013/01/09/what-are-you-grateful-for-today/>

November is National Gratitude Month

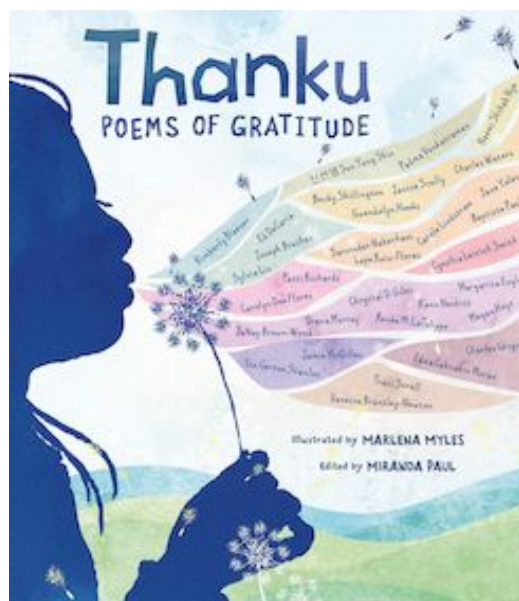
Gratitude is more than simply saying “thank you.” Receiving and giving gratitude can move us from focusing on the negative to appreciating what is positive in our lives.

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?

- [Journal prompts](#)
- [Volunteer](#)
- Say thank you
- Give compliments
- Take a walk
- [Gratitude Scavenger Hunt](#)
- Practice meditation

Poetry:



Citation: <https://www.responsivereads.com/responsive-reads-blog-posts/thanku-poems-of-gratitude>

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



Citation: <https://www.lancerspiritonline.com/16489/showcase/getting-in-the-zone-benefits-of-meditation/>

Meditation is a tool that we can use to bring calm in our lives and increase mindfulness. Oftentimes, our [amygdala](#) (in the brain) is on alert and may be in overdrive. This may be especially true for students who may be dealing with anxiety or past trauma. It's like if you leave a car on all night. You're using all of your gas. Meditation is allowing us the space to shut off and quiet our system for a moment of time.

The practice of meditation can improve our focus and concentration. Teens who incorporate meditation into their day (just 5 minutes can be impactful!) may find that they have improved focus on homework and may perform better on exams. It can also help our self-esteem and memory.

Citation: <https://health.clevelandclinic.org/how-to-use-meditation-for-teen-stress-and-anxiety/#:~:text=Q%3A%20Are%20there%20other%20benefits,helps%20balance%20the%20immune%20system.>

Mediation practice videos are a great way to help you begin your practice.

[13 Minute Body Scan Meditation for Teens/Mindfulness for Children](#)

[20 Minute Beginners Grounding Meditation for Teens or Any Age](#)

[5-Minute Meditation You Can Do Anywhere](#)

If you would prefer to take a break from the screen you may want to practice meditation through walking. The practice is called Walking in Silence. You can walk in silence right out your front door. Walk in silence without your phone or headphones, feel each step you take, be aware of the ground beneath your feet, take in the trees, leaves, the sky. As you walk in silence be aware of your breathing, be aware of yourself and the things around you. It's important to practice meditation or any mindfulness without judgement and with kindness. It is a practice that takes practice. Acknowledge your story, your feelings and move slowly and gently back to your breathing and awareness of you and your surroundings.



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

Thank You Notes

The art of a thank you note is an intentional practice. The writing of the letter and receiving a letter is mindful and awards you the benefits of expressing 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 recipient.

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

COUNSELOR CONNECTION:



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

YOUR SCHOOL COUNSELOR IS HERE FOR YOU!

Email your school counselor if you have any questions or concerns.

#BetterTogether