

Counselor's Corner

February 2021

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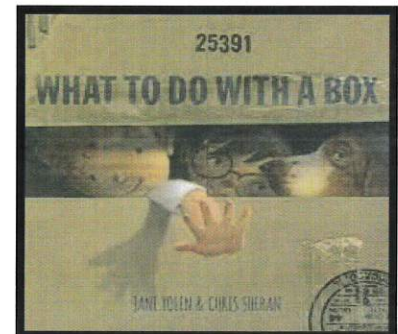
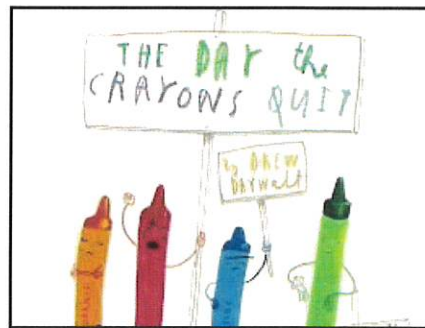
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Student/Parent Self Care Ideas

Finding ways to take care of oneself can be challenging, especially with younger children. A great way to practice and teach self-care is to do it together.

- Write a gratitude journal
- Meditate together
- Join a book club
- Listen to calming music together
- Go on a walk together
- Turn your bedroom into a retreat
- Take a break from electronics
- Take a moment to look one another in the eyes and tell each other what you think/feel
- Cuddle

February Books



A Message from Mrs. Burns

In a society that is ever changing, the most recent shift in how things are done has challenged us to socialize differently. Our children still require ways to socially develop, connect, learn social cues, and communicate. Children need quality time with loving, involved, and committed care givers.

The quality of the time spent with children can be more impactful than the quantity of time spent. Kids don't need a dozen different weekly activities; read together, play board games together, take a walk to a local park, or sit and talk.