



Newmark Education

Newmark Parent Update - Counseling & OT Tips

April 21, 2021



Spring 2021 Counseling / OT Tips

Dear Newmark Parents,

Spring is here and we couldn't be happier to embrace the promise of warm weather that allows us to get outside, increase our activity and connect with nature. Spring is a season of renewal that is full of hope and an opportunity to create new beginnings. Lady Bird Johnson said, "Where flowers bloom, so does hope."

Counseling - Natural Mood-Boosters

For those of us whose moods are impacted by the winter season, spring brings an opportunity for engaging in some activities that are naturally mood-boosting. Biking, taking walks and having a picnic with family are just some of the ways we can improve our mood and mental wellness. A recent article "[Six Outdoor Activities that Reduce Stress and Improve Mood](#)" from Family Wellbeing Coach, details the benefits and provides ideas about how to reduce stress outside.

April is Occupational Therapy Month!

The question is, what is Occupational Therapy? It is a question that we Occupational Therapists are asked repeatedly. In short, we try to help people participate in what is meaningful to them. It is about what we "do" (our occupations) in the roles we play at home, work, and in our free time. We use a holistic and individualized approach. At Newmark, the role of each child is "student".

As Occupational Therapists, we strive to provide your child with the tools they need to thrive as a student. Sometimes that means providing opportunities to practice a skill they will need in the classroom and other

times it is supporting your child to develop a skill they have not yet developed. [Learn more](#) about the foundational skills we focus on.

Functional Living Skills

Springtime is a great time of the year to teach and practice functional living skills at home. Washing the car or watering the lawn are fun ways to spend time outside and learn a skill. Gardening is another fabulous way to connect with nature, which has proven mental wellness benefits. [View How to Start A Garden](#) and more on our **Functional Living Skills Video Library**. Have fun and Happy Spring!

If you have any questions, please contact us at 908-753-0330 or by email: cgeorge@newmarkeducation.com or ctafur@newmarkeducation.com

Sincerely,

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