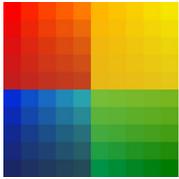


# Counselor's Corner Bethlehem Elementary



In the month of November and December teachers will be introducing Kindergarten students to and re-visiting with older students the idea of the best self.

Our best self is the person that we strive to be each day and this can change based on the situation. Students will begin to understand the characteristics that describe their best selves, that there are different ways to respond to our environment, the cues that their bodies give them when they need to stop and think and strategies that work best for them to regulate their emotions. This leads right into the idea of the meta-moment. The Meta-Moment is when we sense a change in our emotions, pause to take a deep breath and think, visualize our best self and strategize to act as our best self. This sounds like a lot, but we take it slow and students have plenty of time and opportunity to practice.

### Important Dates to Remember:

**November 8:** No School for Students

**November 11:** Veterans Day, No School

**November 23:** Early Dismissal

**November 24-25:** Thanksgiving Break, School Closed



As a reminder, **Caring for Bethlehem** provides assistance for families in town and families that attend BES. Their [Holiday Giving Program](#) is just one of those ways. Please go to their website at [www.caringforbethlehem.org](http://www.caringforbethlehem.org) for more information and to fill out their forms. **The deadlines for these programs are fast approaching so please check it out.** If you have any questions, please don't hesitate to let me know or call Caring for Bethlehem directly at 860-631-3169.



**Did you know that giving thanks can help you feel happier? More satisfied?** Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. Numerous studies have shown a positive correlation between happiness/satisfaction and practicing gratitude. Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier or thinking they can't feel satisfied until every physical and material need is met. "Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice." During this holiday season, we encourage you and your family to make gratitude a part of your weekly or daily routine. Start small and see where your gratitude can take you. [Harvard Health Gratitude](#)

As always, do not hesitate to reach out to me should you have any questions, comments or concerns.

In Good Health,  
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**New Ways November 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Make a list of new things you want to do this month.	2. Respond to a difficult situation in a different way.	3. Get outside and observe the changes in nature around you.	4. Sign up to join a new course, activity or online community.	5. Change your normal routine today and notice how you feel.	6. Try out a new way of being physically active.	
7. Be creative. Cook, draw, write, paint, make or inspire.	8. Plan a new activity or idea you want to try out this week.	9. When you feel you can't do something, add the word "yet".	10. Be curious. Learn about a new topic or an inspiring idea.	11. Choose a different route and see what you notice on the way.	12. Find out something new about someone you care about.	13. Do something playful outdoors - walk, run, explore, relax.
14. Find a new way to help or support a cause you care about.	15. Build on new ideas by thinking "Yes, and what if..."	16. Look at life through someone else's eyes and see their perspective.	17. Try a new way to practice self-care and be kind to yourself.	18. Connect with someone from a different generation.	19. Broaden your perspective: read a different paper, magazine or site.	20. Make a meal using a recipe or ingredient you've not tried before.
21. Learn a new skill from a friend or share one of yours with them.	22. Find a new way to tell someone you appreciate them.	23. Set aside a regular time to pursue an activity you love.	24. Share with a friend something helpful you learned recently.	25. Use one of your strengths in a new or creative way.	26. Try out a different radio station or new TV show.	27. Join a friend doing their hobby and find out why they love it.
28. Discover your artistic side. Design a friendly greeting card.	29. Enjoy new music today. Play, sing, dance or listen.	30. Look for new reasons to be hopeful, even in tough times.				

**ACTION FOR HAPPINESS** Happier · Kinder · Together