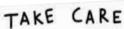
COUNSELOR'S CONNECTION



DECEMBER **EDITION**

December has many holidays that people of different cultures and religions celebrate. With all of the planning for these holidays and celebrations, one thing that we may forget to do for ourselves during this busy time is to practice self-care. It is important for you and your student to be able to focus on self-care for your overall health and wellness. We included some small ways to take SELF-GARE care of yourself each day.





OF YOURSELF

PRACTICES

- Take a few deep breaths
- Meditation and Yoga
- Getting Enough Sleep
- Spending Time Outside
- Playing Sports/Games
- Write or Draw Your Feelings
- Take a Break from Social Media
- Celebrate Small Successes
- Call and Talk to a Friend or Relative
- Watch a Comfort Show/ Movie





Conversation Corner

Questions to ask your child besides "How was school?"

- 1) What are you grateful for today?
- 2) What was something difficult about your day?
- 3) What are you looking forward to doing at school tomorrow?
- 4) What are you looking forward with Winter Break?

CELEBRATIONS

All Holidays Celebrated This Month:

December 8th: Beginning of Hanukkah and Bodhi Day December 13th: St. Lucia's

Day

December 15th: End of

Hanukkah

December 16th: Las Posadas

December 21st: Yule and

Martyrdom of Wadde

Sahibzade

December 25th: Christmas

Day

December 26th: Kwanzaa,

Zarathosht Diso, and

Martyrdom Chotte Sahibzade

December 31st: New Year's

Eve and Omisoka