

Elementary Counseling Newsletter

May & June 2021



This summer is going to look a little different for all of us, but some things never change: you can still count on the Library's Summer Reading Program!



Don't forget your self care during summer!

Self-Care & Mental Health

for Kids

- Share your own feelings to encourage self-awareness.
- Find social groups that help them feel like they belong.
- Focus on articulating feelings. "I am angry," "I am sad."
- Set aside time for low-stress or solo activities.
- Practice self-care for yourself to set the standard.
- Encourage journaling and diaries.
- Establish a self-care routine.
- Encourage your child to focus on the moment.
- Cultivate interests and hobbies.
- Recognize toxic stress events.
- BlessingManifesting

| Day | Activity | Icon | Activity | Icon | Activity |
|-----------|-----------------------|----------------------|---------------------|---------------------|------------------------|
| Monday | MAKE SOMETHING MONDAY | Try a new recipe | Craft something | Build with LEGO | Make a block city |
| Tuesday | TAKE A TRIP TUESDAY | Go to museum | Go to park | See a movie | Take a hike |
| Wednesday | WET & WILD WEDNESDAY | Go swimming | Go to the beach | Play in sprinkler | Play with water guns |
| Thursday | THINKING THURSDAY | Go to the library | Science experiment | Educational website | Read non-fiction |
| Friday | FUN & FRIENDS FRIDAY | Play board games | Play video games | Play with friends | Play sports |
| Saturday | SILLY SATURDAY | Dinner for breakfast | Living room camping | Tea party | Paint everyone's nails |
| Sunday | SERIOUS SUNDAY | Read a newspaper | Do meal planning | Clean the house | Visit parent's office |

Register today for fun-filled summer camps through the City of Mission Viejo!

<https://cityofmissionviejo.org/>

Call (949) 470-3061 for more information

Have a great summer!!!

Ms. Wendy Dunnington

School Counselor

