

COUNSELOR'S CORNER

News from Your School Counselor

Hello Wildcats! It is the last week of April and I do not know about you, but I'm hoping for some sunnier and warmer days!

Keeping a positive attitude can be difficult as we continue to be quarantined and cut off from the people and activities that we enjoy. For me, when I'm feeling overwhelmed or down, I try to force myself to find at least one positive thought/feeling to counter each negative thought/feeling that I have. It is not a total cure, but it certainly helps me put things in perspective. Below is a link to a list of 101 positive things you can say to yourself! Print it out and post it so that your child(ren) and you can refer to it when needed!

<https://www.yourlifeyourvoice.org/Pages/tip-101-positive-things-to-say-to-myself.aspx>

Additionally, I am including a link to a PowerPoint story called "A Little Spot of Optimism". It is great for younger children . . . although the message is one that is applicable to all!

https://docs.google.com/presentation/d/1wLagzzMK9K_xPkIJ64zuRnbSStAowmzNjh6Rk6HomOQ/edit?ts=5e95e705#slide=id.p

As always, please let me know if I can be of any assistance to your child(ren) or you.

Peggy Blaker, School Counselor

mblaker@wcasd.net

<https://calendly.com/margaret-blaker-school-counselor/30min>