
November 2021

School Counselor Newsletter

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November is a perfect time of the year to reflect and practice gratitude. Gratitude is the feeling of being thankful for the things that surround you in your everyday life. Thankfulness is being grateful for what you have. It is appreciating the little things which happen around you and within you every day.

We understand that during difficult times, it can be hard to feel thankful. Negative thinking is a cycle that is hard to break, and practicing gratitude does not come naturally to any of us. But practicing gratitude on a daily basis can help break that cycle and make you feel better. Benefits of practicing gratitude include:

- Improves Mental Health
- Makes us happier
- Better sleep
- Less stress
- Teaches patience

Activity:

Take a moment to list, or draw five things you are grateful for. Try keeping your list somewhere you will see it every day. By your bed, under your pillow to read before going to sleep, taped on the refrigerator, or bathroom mirror. This is a great way to remind yourself everyday what you are grateful/thankful for!



Ms. Tovar

Hello, from the School Counselor! This month I will be starting Circle of Friends Groups that will be discussing the Toolbox Curriculum. Please reach out if you have any questions or concerns about your child regarding their social/emotional wellbeing or would like to sign them up for to join the Circle of Friends Group.

Positive Self-Talk:

Our thoughts, feelings and actions are all connected. So if we think negatively it will ultimately affect our mood and our productivity. Positive Self-Talk will help boost your confidence and self-esteem.

If you catch your child doubting themselves or thinking negatively, encourage them to think about what their brain is telling them. Have them write it down and change it into a positive thought.

"I can do this"