

# COUNSELOR'S CORNER

## Belforest Elementary School

### Spring has Sprung!

As spring approaches, it's a wonderful opportunity to help your child embrace the season's changes in both their environment and routine. Encourage outdoor activities like nature walks, gardening, or playing sports to get fresh air and exercise, which are great for both physical and mental well-being.

Spring can also be a time for learning, so support your child in exploring new hobbies or projects, whether it's through creative arts, science experiments, or reading. As routines shift with longer daylight hours, help your child stay organized by setting goals for schoolwork and chores, while also making room for relaxation. Most importantly, keep the lines of communication open—spring is a time of growth, and your encouragement and understanding will help your child flourish both inside and outside the classroom.

### Attendance Still Matters

We want to take a moment to express our gratitude for your continued support and partnership in your child's education.

As we have completed our state testing, we want to emphasize that regular attendance remains crucial. Consistent participation in class not only helps reinforce the skills learned but also fosters a sense of community and belonging among students. These remaining weeks are vital for finishing the school year strong and preparing for the next grade.

Thank you for your commitment to your child's education. Together, we can ensure they have a successful end to the school year.

#### Do you need to contact your School Counselor?

Grades K-3 Rebecca Johnson [rjohnson@bcbe.org](mailto:rjohnson@bcbe.org)

Grades 4-6 Kim Powell [kpowell@bcbe.org](mailto:kpowell@bcbe.org)



# ALL ABOUT MINDFULNESS

## WHAT IT IS AND WHY IT MATTERS

- Mindfulness is focusing on the present moment and acknowledging your thoughts and feelings in a non-judgmental way.
- Mindfulness has been shown to decrease behavioral problems in children, increase working memory capacity, and decrease symptoms of stress, anxiety and depression.

## MINDFULNESS IDEAS FOR KIDS

- Keep a daily journal about how you are feeling.
- Take 5 deep breaths and notice how they feel.
- Eat a snack slowly. Focus on how the snack feels and tastes.
- Go on a walk and try to notice new things in nature.
- Stretch or exercise and pay attention to how your body feels.
- Listen to music and notice the words and the beats. Pay attention to how it makes you feel.
- Go outside and blow bubbles. Watch the bubbles until they all pop.

## MINDFULNESS IDEAS FOR ADULTS

- Each day, set aside time to sit in quiet.
- When you are driving or walking, notice what you are doing. Resist the urge to think about the past or the future.
- Download a mindfulness app on your cell phone or tablet
- In conversation, truly listen to what the other person is saying.
- Try to do one thing at a time
- Go outside and notice the way the air feels
- Set an alarm for a few times a day and use that time to check in with yourself on how you are feeling.