Many of our students may be feeling a bit sad, upset, or holding onto negative feelings due to unfamiliar distance learning, not being able to regularly see friends, and big changes at home and the world around them. If your child is experiencing any of these feelings, please remind them that they are not alone. Share with them that most adults have these exact feelings too from time-to-time. In many ways, these strong feelings are normal and to be expected in this strange phase of our lives. Acknowledging our children’s feelings while giving them an opportunity to share their thoughts can help them feel appreciated, understand their feelings better, and improve their mood and mindset. This is especially true if we, as parents and adults, can talk about our own strong feelings and model appropriate coping strategies.

Next, I would like to share a fun positive statement activity that you can do with your children. Start off with a conversation about what positivity is all about. For example, you can define positivity as having a positive attitude or optimistic thoughts. Positivity is about looking at the bright side of life by focusing on making solutions and expecting successful results. You can then talk about a positive experience you had over the week and allow your child or children to share a positive statement as well.

For children, in grades K-3, it can be exciting to practice positive statements through art. For example, you can suggest or provide a template of a sun with rays, clouds, a flower with petals, a dinosaur with scales, and so on. Your student can individually, or as a family, record positive statements (ex. “I can do anything!”) onto the artwork (ex. the flower petals or the dinosaur scales). See the designs on page 2 of this newsletter for ideas!

For upper-elementary students, or those students who are a little more independent, you can offer journals in which they can draw and/or write about their feelings. Here are links to journals for grades K-3 and 4-5:

https://static1.squarespace.com/static/5dc5d641498834108f7c46a5/t/5e71a10b06c295622824eab6/1584505100422/Friendzy+My+Daily+Journal+K-2.pdf

Plumas Lake School District
Counselor’s Corner
4/29/20

Mr. Babar - Elementary School Counselor
Mental health awareness is important because our emotional and mental health is a vital part of our lives and impacts our thoughts, behaviors, and emotions at every stage of life. Early intervention is the best intervention. The American Psychological Association (APA) reports approximately one out of every five children in America has a diagnosable mental health disorder. Despite that fact, most individuals don't seek help until adulthood.

To help reduce the Mental Health stigma, We Promote Mental Health Awareness!

Sources:
- The Importance of Mental Health in Schools
- Promoting the Awareness of Children's Mental Health Issues
- Learn About Mental Health
- NAMI- Mental Health Month

COVID-19 and Your Mental Health
Mental Health Awareness Videos

Resources

Mental Health Links for Families

5 Tips to Help Parents Ensure Teen Mental Wellness

NIMH Children and Mental Health

Teen Mental Health: Supporting Your Child

Teen Mental Health

"Don't forget to take care of yourself. Self-care is key."

— Krysta Lee Deranick