

COUNSELOR'S CORNER

Delta North Elementary School
Candace Fowles, Ed.S., NCSP
candace.fowles@millardk12.org

Habit #7: Sharpen the Saw

"Balance feels best."

- I eat nutritiously, exercise, & get enough sleep.
- I spend time with people I care about.
 - I find ways to help others.

At-Home Activity:

As a family, for a few nights in a row, go to bed early and see how great you feel when you wake up! Maybe compete who can get the most sleep to see who is the family sleep master!

Toolbox Tool: Apology & Forgiveness Tool

"I admit my mistakes and I work to forgive yours."

At-Home Activity:

Ask a family member to tell you about a time when they wanted to apologize to someone and about a time when they wanted to forgive someone. Draw a picture of your family member or yourself apologizing or forgiving someone.

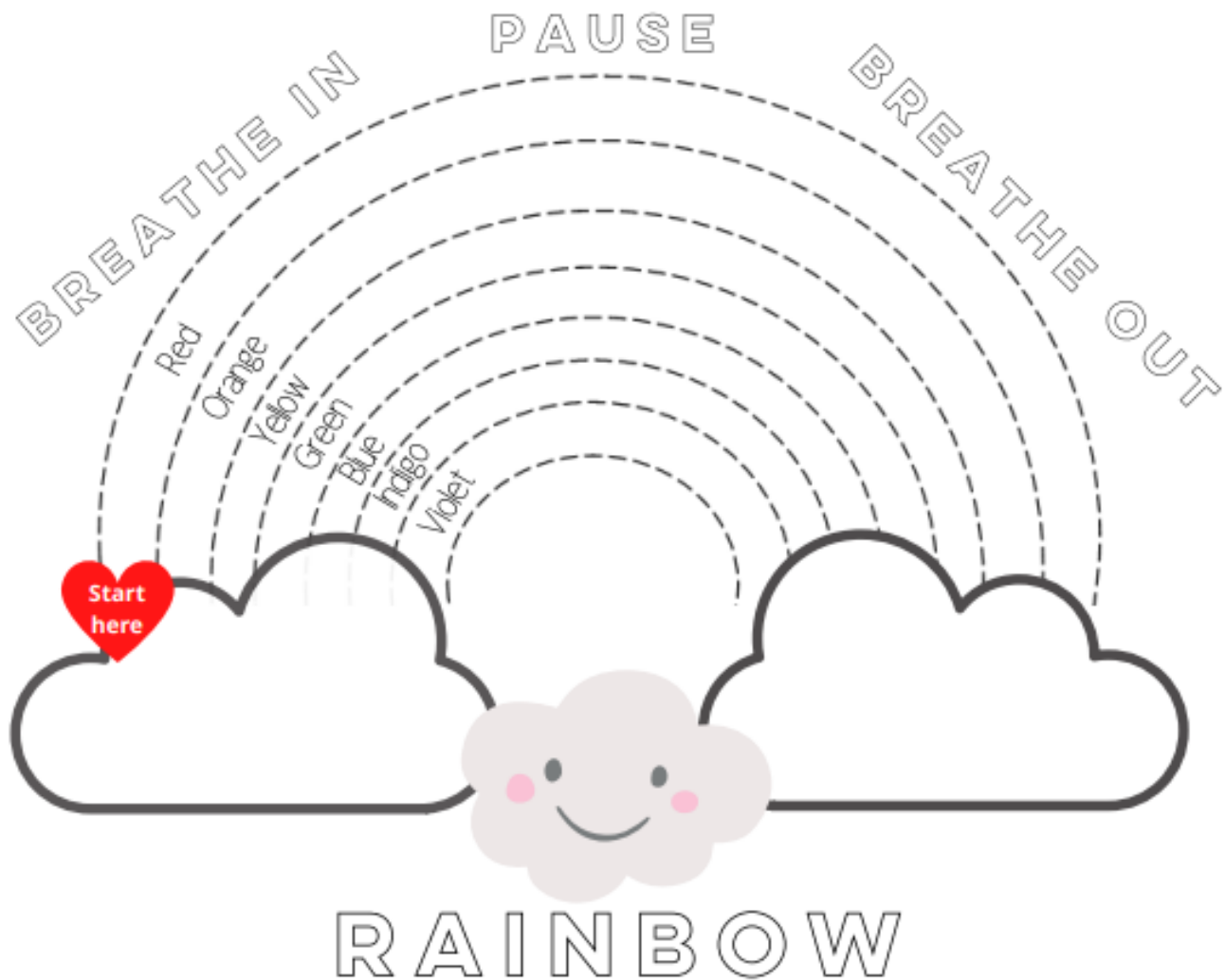
March Guidance Lessons:

Developing Self-Compassion, How to Apologize, &
Creating a Healthy Routine



Rainbow Breathing

Bad weather can be scary or make us sad, but after rain and clouds comes a rainbow. This helps us remember that even when things are hard we know that it will get better and there are good things to be found. Try this rainbow breathing to help you focus on good things and to feel calm and relaxed.



- Starting at the heart, use your finger to trace between the dotted lines.
- Breathe in slowly and deeply until your finger reaches the top.
- Pause here and hold the breath for a couple of seconds.
- Breathe out slowly and fully as your finger continues down to the end of the rainbow.
- Move your finger through the clouds and onto the next colour line.
- Repeat for all of the lines.
- Colour the rainbow and decorate the page with things that make you happy.

