

## SPECIAL EDITION: WEEK 4

# Counselor's Corner

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Dear Parents,

I hope everyone had an awesome Spring Break! I am not sure that we have ever needed one more, which seems odd considering we have been “out of school” for several weeks now. In my last newsletter, I covered a lot of information about anxiety. I am hoping that this newsletter will bring some positivity. Maybe at this point in our journey, this is what we need!

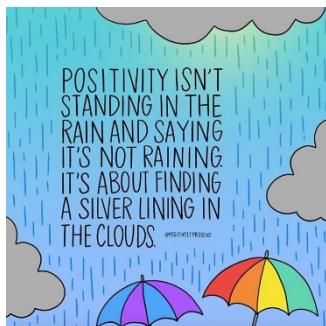
I am sure at this point in the pandemic you have all seen this famous quote by Fred Rogers, “When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’” That could not be truer at this time, and I am sure we have all seen countless helpers and are hopefully pointing those out to our children. Actor John Krasinski has started [SomeGoodNews](#) and I love it! It would be a little something fun to watch with the kids!

I also came across [this post](#) recently entitled, “What if instead of behind these kids are ahead?” I think the author poses a lot of interesting “what if” questions to help us see the potential positive benefits of such a hard time.

As a reminder, stagger the information in the weekly bulletin so you do not get too overwhelmed with all of the content. Make sure your students have joined the Google classroom and follow me on Instagram (@mrsmillsapbayside) for more positive thoughts and helpful resources! If you find any resources or find any of my content especially helpful, please let me know! I want to ensure I am providing relevant information for you and your students!

Be Well,

Andi Millsap, MA, NCC



## IMPORTANT ANNOUNCEMENTS



[Pleasant Events Calendar for Kids](#)

[Podcast Playlist for Distraction](#)

[Ways to Stay Positive During the Pandemic](#)

## MINDFULNESS

Guess what? We can train our brains to see the glass half full and fight our inherent negative bias.

1. Choose one complaint from this week to focus on for this exercise and write it down.
2. Read over your complaint a few times and then take a deep breath!
3. Now, write a gratitude statement, one that turns the negative view of the situation into a positive view.
4. What can I be grateful for in this situation?

This could be a fun family exercise, too. Flip each other's complaints!



*The Book of Awesome*  
Neil Pasricha

*Pass It On*  
Sophy Henn