# **Counselor's Corner**

#### Miss Martin, Starline Elementary November 2020

## Upcoming Events

November 11th
No School - Veterans Day
November 25th - 27th
No School - Thanksgiving

Early Release is on Wednesdays.

### Reminders

The best way to contact me is via email: Susan.Martin@lhusd.org

You can reach me by phone by calling the Starline Office at 928-505-1490 and asking for extension 3448.

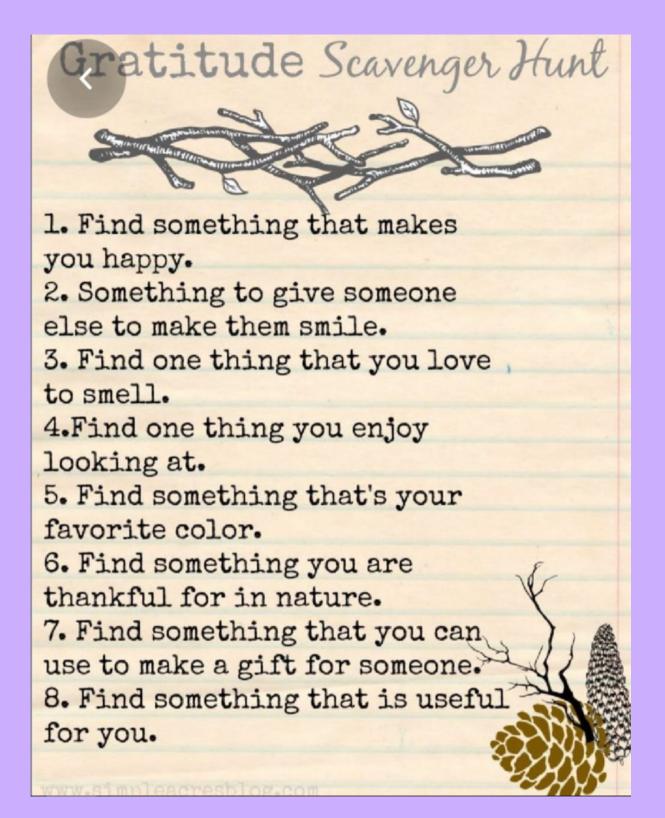
#### **Fostering Gratitude**

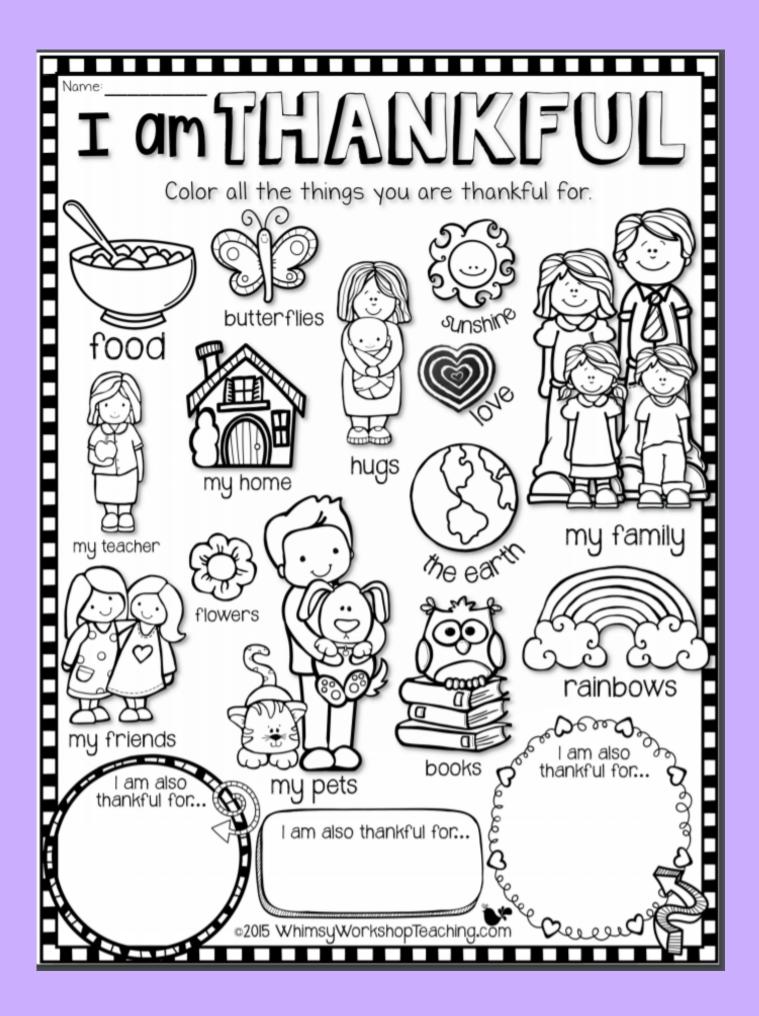
Gratitude can improve mental health and have lasting effects on the brain. Showing gratitude helps build positive relationships.

During recent times of frequent changes, it is important to show appreciation and return kindness to others. There are many ways to foster gratitude in children. One way is to model gratitude in your everyday life. Children who see adults thanking others and being thankful will begin to understand the importance of gratitude.

Other ways to help children understand gratitude is to complete activities that require them to name things, people, etc. that they are thankful for. The following pages include gratitude-focused activities for you and your child.









## My Gratitude Jar

Date: \_\_\_\_\_

Today I am thankful for...

