COUNSELOR'S CORNER

Hatboro-Horsham School District - Elementary Division

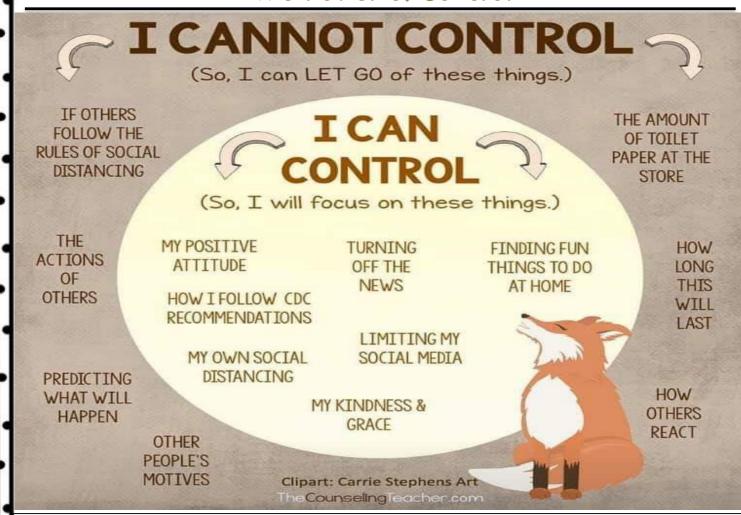
Blair Mill: Chrys Fedyna -cfedyna@hhsd.org

Crooked Billet-Hallowell: Val Slott - vslott@hhsd.org & Tami Wunder-Italia - titalia@hhsd.org

Pennypack: Sarah Carner – scarner@hhsd.org

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The Power of Control



Help Your Child Feel <u>Empowered</u> and Let Go of What's NOT in Their Control by:

! Making a list of things she/he can do to help out at home.

! Focusing on the positive things happening around us.

! Creating a family schedule for the week that includes a balance of chores, schoolwork, fun, and time for relaxation.

! Encouraging her/him to write in a journal or to a family member or friend.

! Creating a family "Acts of Kindness" challenge each week.

! Practicing relaxation techniques such as deep breaths & yoga stretches.