

COUNSELOR'S CORNER

Hatboro-Horsham School District – Elementary Division

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The Power of Control



Help Your Child Feel Empowered 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, school-work, 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.