

COUNSELOR'S CORNER

Hatboro-Horsham School District – Elementary Division

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The Stronger the Storm, the Brighter the Rainbow

During this challenging period, it's easy to lose perspective and focus on missed opportunities and loss. There's no one like **Mister Rogers** who can point out the rainbow during the storm...



❖ *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."*

❖ *It's not so much what we have in this life that matters. It's what we do with what we have.*

❖ *Often when you think you're at the end of something, you're at the beginning of something else*

❖ *There is no normal life that is free of pain. It's the very wrestling with our problems that can be the impetus for our growth.*

❖ *I hope you're proud of yourself for the times you've said "yes," when all it meant was extra work for you and was seemingly helpful only to someone else.*

❖ *Some days, doing 'the best we can' may still fall short of what we would like to be able to do, but life isn't perfect on any front-and doing what we can with what we have is the most we should expect of ourselves or anyone else.*

Help your family find the RAINBOWS:

- **FAMILY/FRIENDS** – Connect with family and friends as often as you can.
 - **KINDNESS** - Look for the **kindness** being shared by so many.
- **GRATITUDE** - Recognize the things (no matter how small) for which you are grateful.
 - **JOY** – Acknowledge and savor each moment that brings you **JOY**
 - **ENERGIZE** – Get up and GO! Get outside and walk, enjoy nature, build something, help others, ride bikes, smell the flowers!