

COUNSELOR'S CORNER

Hatboro-Horsham School District – Elementary Division

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Taking Care of Yourself and Others

Ideas to Take Care of Yourself:



Watch the clouds by day or stars by night



Go for a walk or bike ride
Color with crayons



Put on some music and dance
Read or watch something funny



Meditate

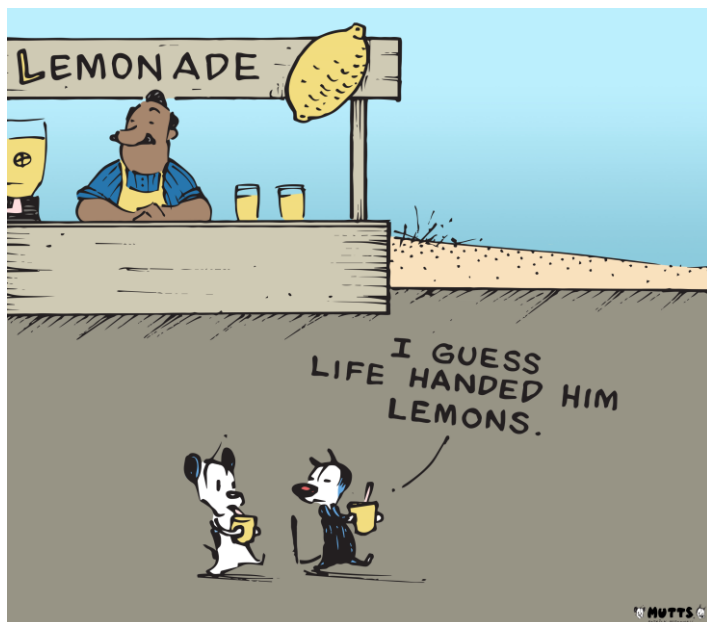


Rest your legs up on a wall



Learn something new

Do a word search or crossword puzzle

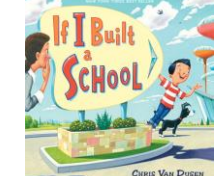
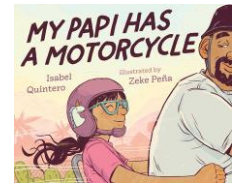
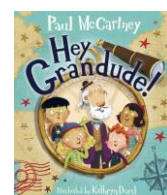
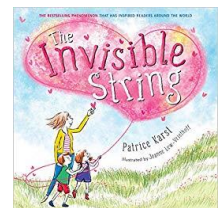
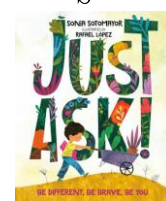


Ideas To Take Care of Others:

1. Call someone to ask how they are doing.
2. Help with a chore at home.
3. Make someone laugh.
4. Tell someone you know why you are thankful for them.
5. Feed the birds.
6. Compliment a friend.
7. Leave happy rocks around your community.
8. Call your grandparents and ask them about their childhood.
9. Plant something.
10. Write a thank you note to your mail carrier.
11. Donate to a local food pantry.
12. Bake a dessert for a neighbor.
13. Write positive messages on post-it notes and place around your house.
14. Smile!



Books to Read Together This Summer:



Have a safe and relaxing summer! Love, Your School Counselors