

The School Counseling Connection

HCPSS Elementary School Counseling Monthly Newsletter

We're Here to Help!
Welcome Back Students and Families!



Image retrieved 4/1/2021 <https://www.whenscalendars.com/when-is-national-day-of-hope/>

April is the National Month of Hope, during this time as flowers are beginning to bloom we are trying our best to feel good and help others feel good. This month is important to think of ways to bring hope to someone in your community, there are many ways to accomplish this whether it is giving of your time, donations, or finding other ways to contribute. Bringing a ray of sunshine to someone's life will and can make all the difference.

How to Observe ([National Day Calendar, 4/2021](#)): Everyone needs a little hope now and then. Spread a little sunshine their way and bring some hope into their lives.

- ❖ Volunteer by reading to children in schools
- ❖ Have fun talking to loved ones, family, and friends,
- ❖ Giving away things and help others by donating, food, and money to families in need
- ❖ Lending a helping hand to those in need
- ❖ Cleaning up areas where there is trash such as parks and beaches

*Hope is being able to see that there is light despite all of the
darkness. ~Desmond TuTu*

Children's Book Read Aloud Videos:

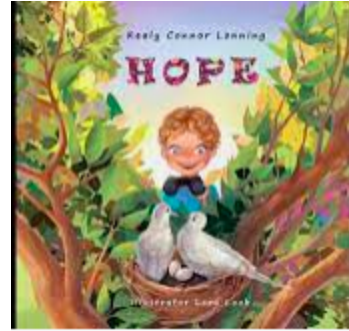
- **K-2: [The Things Lou Couldn't Do](#)**

Retrieved 4/8/21 from:
https://www.youtube.com/watch?v=WLdAXyZ7_iQ



- **3-5: [HOPE](#)**

Retrieved 4/8/21 from:
https://www.youtube.com/watch?v=uD3UsXnK_S0



STUDENT WELL-BEING

Coping Skill Spotlight: Hope



Image retrieved 3/2/2021 from: <https://www.toolshero.com/personal-development/snyders-hope-theory/>

What is so great about hope? Hope is the belief that things will get better. Hope allows us to move towards goals, improve motivation, and develop a plan to overcome obstacles. There is an activity that comes from the work of Kate Snowise (2016) and is developed from Snyder's Hope Theory. Let's try it this month to see all that may come, it may surprise what a difference hope can make ([Houston, 2020](#)).

Hope: What is one goal you hope to achieve in the future?

Plan & Action: What small actions can you take that will start moving you closer towards this goal?

Believe: Write down 3 short sentences that will help remind you of your capabilities, for instance, "I am capable and resourceful."

YOU ARE COURAGE:

Hope means knowing that things will get better in spite of what is going on. In order to have hope it is important to believe that you can move forward and not give up on your goals and dreams. This takes courage. Having the courage to keep doing your best and trying your hardest is what makes you brave and gives you hope for the future.



[You are Courage-Think About it: Go Noodle](https://www.youtube.com/watch?v=1fQwjTETtOU)

Video retrieved 4/9/21 from: <https://www.youtube.com/watch?v=1fQwjTETtOU>

Take a look at this video about courage and think about some of the small and big courageous things that you have done.

COUNSELOR CONNECTION



Image retrieved 4/9/2021 from <https://pixabay.com/photos/spring-heart-wooden-daisies-grass-33549>

YOUR SCHOOL COUNSELOR IS HERE FOR YOU!

Email us if you have any questions or concerns
#BetterTogether