



Bethel Guidance Newsletter

During the first quarter, second grade students completed activities on resiliency. They learned how to problem solve and cope with challenges that many children face. We hope students will continue to use resiliency strategies to strengthen their social and emotional development this school year.

How to support learning at home: **Activities**

- *Empower Students* - When your student faces challenges, empower them to bounce back by asking them how they have overcome challenges in the past.
- *Create a Jar of Gifts, Traits, and Talents* - Have your student write on small pieces of colored paper traits and talents they have (ex. patient, creative, calm) to serve as a reminder of their capabilities when faced with challenges. Each week, pull out one of the qualities and discuss how they can demonstrate it at school and at home.
- *Mindfulness* - guided meditations, coloring, outdoor walks, and breathing exercises are just a few mindfulness activities that will help build resiliency.

Book Recommendations

"Resilience: A book to encourage resilience, persistence and to help children bounce back from challenges and adversity" by Jayneen Sanders

"My Strong Mind: A Story About Developing Mental Strength" by Niels Hove