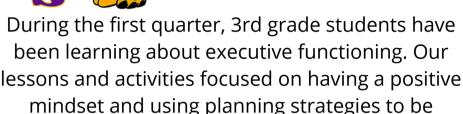


Bethel Guidance Newsletter



How to support learning at home:
Activities

successful at school.

- Create an Awe Journal Help your student notice the
 positive moments of everyday by keeping an "awe
 journal". Your child can draw or write about a beautiful
 moment everyday that brought them joy like a rainbow,
 kind act, hug, or laughter.
- Say daily affirmations together I am doing my best, I can make a difference, I am special, I am safe, today is going to be a great day!
- Planned activity Give your student the opportunity to plan a day full of activities. Help them figure out the details so they can learn how to plan events and work around obstacles. Enjoy the day they planned for the family!
 Book Recommendations

"Your Fantastic Elastic Brain: Stretch it, Shape it" by JoAnn Deak Ph.D.

"Mindset Matters" by Bryan Smith