



Bethel Guidance Newsletter

During the first quarter, 5th grade students have been reading the book "The Highway Inside of Me: A Resiliency Workbook for Children, Youth, and Caregivers." This book helps children learn how their bodies react to stressful events and resiliency techniques they can use to self-regulate.

Kindness Rocks:

5th grade students made kindness rocks to place around their school or neighborhood. They decorated the rock with a kind message to bring joy to anyone who may find it!



How to support learning at home:

Practice Mindfulness - guided meditations, coloring, outdoor walks, and breathing exercises are just a few mindfulness activities that will help build resiliency.

Book Recommendations

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