



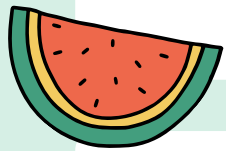
End Of Year Counseling Newsletter



This School Year has been SO SWEET!

Bethel Family, you have made my first year as a school counselor the absolute BEST! I have loved watching the students grow socially as we played games, made crafts, and laughed a lot in guidance class! We have learned and modeled the importance of kindness and friendship to continue to make Bethel a comfortable and accepting space for all students. I have watched students build confidence in themselves and resilience through unique challenges this school year, and I could not be more proud of each and every student! I hope you have an amazing summer & I can't wait to see you next year!

- Ms. White



Parent Survey

We want to hear from you! Please scan the QR code or click the link below to access our counseling program survey!



[Link to Survey](#)



Summer Activity Ideas

Balloon Tennis: Tape popsicle sticks to the back of paper plates, blow up some balloons and try to keep the balloon off the ground!

Celery Stamp Flowers: Cut the stalks off celery leaving about 2-3 inches for grabbing. Dip the end of the celery into paint, and stamp onto paper. It creates beautiful flowers!

Water Gun Paint: Fill a water gun with paint mixture: water + paint (powdered paint, tempura, or liquid water colors). Place a canvas or paper on an easel outdoors, and have fun!

[Create a Sensory Bin from Dollar Store Supplies! \(Click Link to Article\)](#)

Grounding Technique

Feeling overwhelmed? Try this! Relax your body, take a few deep breaths, and focus on the following:

5 things you can SEE



4 things you can FEEL



3 things you can HEAR



2 things you can SMELL



1 thing you can TASTE

