

Counseling Newsletter

Patterson Elementary



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[Resources and Support](#)

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Dear Patterson Families,

I hope you are all well and staying cool in this heat!

Living in this uncertain time can take a toll on one's mental health, which is why it is so important to take care of ourselves. Spending a few minutes every day practicing gratitude can improve overall health. I hope the included activities and prompts will help guide your family in practicing gratitude and having some fun!

As always, please do not hesitate to reach out if there is anything I can do to support your child(ren) or family.

Warmly,

Meghan Schultz-Rathbun, NCC
School Counselor
Patterson Elementary School

Gratitude

Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love

GRATITUDE PROMPTS

1. A **strength**  of mine for which I am grateful is...
2. Something **money can't buy**  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is... 
5. Something **in nature**  that I'm grateful for is...
6. **A memory**  I'm grateful for is....
7. Something that **changes**  that I'm grateful for is....
8. A **challenge**  I'm grateful for is....
9. Something **interesting**  that I'm grateful for is...
10. Something **beautiful**  I'm grateful for is...

SEL SCAVENGER HUNT



Check off as many items from the list below!

Find something that makes you...

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Smile | <input type="checkbox"/> Feel confused |
| <input type="checkbox"/> Feel safe | <input type="checkbox"/> Feel curious |
| <input type="checkbox"/> Feel strong | <input type="checkbox"/> Feel inspired |
| <input type="checkbox"/> Feel hopeful | <input type="checkbox"/> Feel calm |

Check off each of your Emogers as you use them!

- | | |
|---|---|
| <input type="checkbox"/> Breathe 5 Times | <input type="checkbox"/> Meet in the Middle |
| <input type="checkbox"/> Count to 10 | <input type="checkbox"/> Put Yourself in Someone Else's Shoes |
| <input type="checkbox"/> Smile, Hug, or Fist Bump | <input type="checkbox"/> Active Listening |
| <input type="checkbox"/> Walk Away Quietly | <input type="checkbox"/> Look for Help |
| <input type="checkbox"/> Drink a Glass of Water | <input type="checkbox"/> Tighten and Release |

Bonus Round!

Find someone you can smile at.
Ask someone around you how they are feeling today.
Make a thank you card for someone.
Find a way to make someone in your house smile.