

# COUNSELOR'S CORNER

## Bill Hefner Elementary School

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### Test Taking Strategies and Motivation

- ★ Make sure your child gets a good night's sleep before the test.
- ★ Make sure they eat a healthy breakfast, but not too heavy!
- ★ Mark the test dates down on your calendar so you are aware and prepared.
- ★ Be at school on time, and make the time before school stress free.
- ★ Choose clothes that will be comfortable and not distracting.
- ★ Make sure your child has taken all their medications.
- ★ Plan something fun for when they are done with end of year testing.
- ★ Limit television viewing and video games during the week of testing.
- ★ Don't stress your child out!!
- ★ Tell your child to "Relax. Just do the best you can."

### WE SURVIVED!! MAKE THE MOST OF YOUR SUMMER!

Our students and our parents have worked super hard this year and have earned this time to relax and take a break from the worry and stress of school. Make the most of this free time and take care of your families, both physically and mentally. Get outside and play. Ride bikes or walk around the neighborhood. Read with your children! Have a dance party or movie marathon.

Make scrapbooks using pictures of your times together. Challenge your kids with computer games at PBS Kids. Please don't forget to pay attention to the mental health of your families this summer. You can find resources available on our [google site](#) such as our [virtual calming room](#).

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### May Highlights...

- Asian American and Pacific Islander Heritage Month
- Teacher Appreciation Week (May 3-7)
- Ms. Clark's Birthday/Cinco de Mayo (May 5)
- 5th Grade Science EOG (May 7)
- 3-5 Reading and Math EOG (May 10-11)
- Make-Up Testing (May 13-14)
- Awards Day (May 20)
- Last Day of School/2 hr. Early Release (May 21)



## May Guidance Lessons:

As we are approaching the end of the school year, we challenge you and your child to have a Mindful May. Take some time to pause, be present, and look within yourself. Being mindful can help our overall well-being. Throughout this last semester, we have focused on the Choose Love formula. We hope you and your child will continue choosing love throughout the summer break, and we can't wait to see everyone again next year!

# choose love™

## movement

# MAY 2021

Happy Teacher Appreciation! And a Happy Mindful May! This month take the time to pause, breathe and really take in what's all around you and take some time to look within yourself. Being more mindful can help your well-being in all areas of life – how you feel, how you eat, how you think and how you deal with relationships. Get in touch with your feelings! Get a little more happy and a little less worry! And keep on Choosing Love!

SUN	MON	TUE	WED	THU	FRI	SAT
						1 IT'S GONNA BE MAY!
2 APRIL SHOWERS BRING MAY FLOWERS! BE A FLOWER SPY AND LOG ALL THE FLOWERS YOU FIND IN A NOTEBOOK	3 TEACHER APPRECIATION WEEK. THANK A TEACHER FOR SOMETHING NICE THEY DO.	4 TEACHERS, MAY THE FOURTH BE WITH YOU.	5 WRITE A POEM ABOUT TEACHERS. WHAT THEY TEACH YOU.. A SPECIAL MEMORY.. SOMETHING FUN..	6 GIVE YOUR TEACHERS A SPA DAY. ASSIST WITH TASKS. GIVE FIVE MINUTES OF CALM AND QUIET.	7 DRAW A PICTURE OF A FLOWER AND GIVE IT TO A SPECIAL TEACHER!	8 BEING KIND MAKES YOU HAPPY.
9 MOTHER'S DAY. CREATE "I LOVE YOU BECAUSE..." POSTER.	10 WHAT ARE 5 THINGS YOU CAN SEE? CLOCK, BOOK, POSTER...	11 WHAT ARE 4 THINGS YOU CAN FEEL? DESK, ERASER, YOUR HAND...	12 WHAT ARE 3 THINGS YOU CAN HEAR? BIRDS CHIRPING, HEAT OR A/C, WIND...	13 WHAT ARE 2 THINGS YOU CAN SMELL? FOOD, SOAP ON YOUR HAND, FRESH AIR.	14 WHAT IS 1 THING YOU CAN TASTE? MINT, TOOTHPASTE, LUNCH.	15 DO SOME BIRD WATCHING TODAY. WATCH. LISTEN.
GROUNDING MEDITATION - TAKE A MINUTE TO DO THESE FIVE THINGS EACH DAY.						
16 WHAT ARE YOU GRATEFUL FOR TODAY?	17 MINDFUL MONDAY. TAKE A MOMENT TO BE FULLY PRESENT. LOOK WITHIN.	18 TAKE A COMPASSION BREATH	19 WHY IS MINDFULNESS IMPORTANT? GET TUNED IN TO YOUR FEELINGS.	20 BE MINDFUL OF THINGS YOU LIKE ABOUT YOURSELF AND THE WAY YOU LOOK.	21 WHAT ARE SIMPLE THINGS IN YOUR LIFE THAT YOU TAKE FOR GRANTED?	22 BE MINDFUL OF YOUR SELF-TALK. SAY NICE THINGS ABOUT YOURSELF.
TAKE TIME TO BE MINDFUL.						
23 WHAT ARE THREE THINGS THAT MAKE YOU FEEL GOOD?	24 MEDITATE "EVEN THROUGH I FEEL (ANXIETY, WORRIED, STRESS), I ACCEPT HOW I FEEL"	25 TRY THE KARATE CHOP TAP. TAP FOUR FINGERS ON THE OUTER EDGE OF YOUR OTHER HAND.	26 TAPPING SENDS CALMING SIGNALS TO YOUR BRAIN. WHAT ARE OTHER THINGS THAT HELP YOU STAY CALM?	27 TAPPING HELPS THE NERVOUS SYSTEM WHICH HELPS WHAT YOU THINK AND HOW YOU FEEL.	28 TAPPING REDUCES STRESS AND ANXIETY. WHAT THINGS GIVE YOU STRESS OR ANXIETY?	29 CHOOSE LOVE TODAY AND EVERYDAY.
TAPPING MEDITATION - SENDS CALMING SIGNALS TO YOUR BRAIN						

30 BE MINDFUL OF OUR CHOOSE LOVE FORMULA.

31 MEMORIAL DAY.

"MINDFULNESS ISN'T DIFFICULT. WE JUST HAVE TO REMEMBER TO DO IT!" - SHARON SALTZBERG