



MENTAL HEALTH MEMO

APRIL 2023

Holley Elementary School

Stress

Are your kids feeling stressed? Here are some relaxation techniques kids can do themselves:

- ♦ **Deep Breathing:** Close your eyes, take a deep breath, hold the breath for a few seconds and then release it.
- ♦ **Exercise:** Relax your muscles by squeezing them tightly then releasing them; do this a few times with your arms and leg muscles
- ♦ **Visualization:** Closing your eyes and picturing the things you love can make you feel relaxed
- ♦ **Laughter:** Laughter is good exercise for the facial muscles as it relaxes the muscles of the face. Laughter also creates a positive feeling in one's mind. Being silly is a great mood booster
- ♦ **Go Outdoors:** Breathing fresh air, seeing the blue sky and feeling the green grass can be very relaxing
- ♦ **Consider these relaxing activities:** Listening to music, reading a book, coloring, riding a bike or bouncing a ball



Family Activity for April

Make your own Bird Feeder:

Attach a string to the top of the pine cone . Spread peanut butter on the pine cone . Roll the pine cone in bird seed (small bird seed works best) . Watch the many colorful birds explore your creation!



Elementary Mental Health Team:

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National Arbor Day

April 28, 2023.

Trees clean our air and water, provide habitat for wildlife, connect communities, and support our health and well-being. Arbor Day is a home-grown holiday that began right here in the United States. People celebrate the event in every state and in different countries. It's a day of planting new trees, "sprucing up" local communities by restoring nature. Here are some ways to celebrate National Arbor Day:

- Plant a tree
- Read a book about trees
- Write a story about a tree
- Create tree art
- Walk in a local park and admire the trees





NATIONAL AUTISM AWARENESS MONTH

National Autism Awareness Month raises awareness for autism and Asperger's syndrome during April. Autism is a complex brain disorder that often inhibits a person's ability to communicate, respond to surroundings, and form relationships with others.

National Autism Awareness Month began in 1972 as National Autistic Children's Week.

The [Autism Society](#) founded the event to increase awareness, advocate awareness, and spark change in schools, communities, medical facilities, and businesses.

www.NationalDayCalendar.com

Self Care For Elementary Students

Self-care isn't selfish — it's a basic need of being human! By teaching your child simple acts of self-care and including nurturing routines into your family life, you can show that taking care of ourselves, and each other, is important. Here are some kid friendly self-care habits:

1. **Get Silly:** When a child is having a tough time or cycling through big emotions, ask silly questions to help them reset.
2. **Drink more water:** Empowering kids to stay hydrated is a simple way to teach them a self-care habit to last a lifetime.
3. **Incorporate rest:** Think creatively about your child's unique personality, age, and interest to brainstorm small pockets of rest in their daily routine. Rest can be quiet time coloring, reading a book, etc.
4. **Get the wiggles out:** Sometimes we just need to move our bodies. Not only does it get our blood pumping, but it can be a great mood balancer, too.
5. **Have a healthy snack:** Try to opt for grab-and-go snacks that have protein (cheese sticks, nuts, greek yogurt, hard-boiled eggs, or crackers with peanut butter).

www.pbs.org

Alternatives to Lashing Out at Your Child

We understand that parenting is a very stressful job, and it can take a lot of work to not lose our cool, especially when the kids are home for an extended period of time. Here are some alternatives to losing your temper with your child:

1. Take a deep breath... and another. Then, remember you are the adult.
2. Close your eyes and imagine you are hearing what your child is about to hear.
3. Press your lips together and count to 10... or 20.
4. Put your child in a time-out chair (one minute for each year of their age).
5. Put yourself in a time-out chair. Think about why you are angry; is it your child, or is your child simply a convenient target for your anger?
6. Phone a friend.
7. If someone can watch the children, go outside and take a walk.
8. Take a hot bath or splash cold water on your face.
9. Hug a pillow.
10. Turn on some music. Maybe even sing along.
11. Pick up a pencil and write down as many helpful words as you can think of. Save the list.

