

The SOARce



Educating, challenging, and inspiring all learners to become contributing, responsible members of a global society.



February 2020

Welcome to February!

For many, the winter months are tough. Days are short and cold, and outdoor activities are not always accessible. While it can feel like spring is a million days away, there are many things to appreciate about the winter months.

We hope this edition of The SOARce will provide some inspiration for self-reflection and growth -- personally, and for the child(ren) in your life.

Thank you for joining us as we continue to explore social/emotional wellness.

Winter is a great time to read, play family games, and drink endless amounts of hot cocoa. Winter is also a great time for self-reflection and goal setting as we settle into the new year.

Melissa Bernard
Student Services Coordinator

PARENTING PRO TIPS

REFLECT

Stressors in life are unavoidable. When you encounter these stressors, how do you cope?

It's so important for our mental and physical health to identify healthy coping strategies for dealing with life's stressors. Without healthy strategies, we often turn toward unhealthy coping mechanisms.

Coping strategies are learned through modeling and opportunities for practice -- how are you working on this skill with your child(ren) at home?

As parents, we often want to swoop in and protect our child(ren) from stress.

But, if we're always swooping in, how will our children ever learn to cope with stressors when we're not there to intervene?

The next time you notice your child is feeling stressed, talk through the coping process together.

- Validate their feelings
- Provide an opportunity for conversation

CONNECT

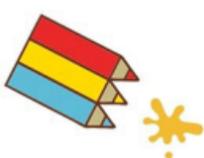
- Guide them through the process of selecting a coping strategy that might help ease their stress

Practicing these skills with your child(ren) builds confidence -- this confidence will empower your child(ren) to begin building lifelong healthy coping strategies.



STRATEGIES FOR COPING WITH STRESS

THINGS TO DO WHEN YOU'RE FEELING STRESSED



Draw or color



Read



Spend Time Outdoors



Listen to Music



Use Positive Self-Talk



Exercise



Write/Journal



Focus on the Positive



Ask For Help



DID YOU KNOW?

Every 10 years, Fair Health, Inc. publishes a "White Paper Report" that provides statistics on mental health and substance abuse indicators.

The claim lines for generalized anxiety rose significantly in the past 10 years for all pediatric age groups (6 Years - 18 Years).

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SOCIAL/EMOTIONAL BOOK OF THE MONTH



This book is a great tool for helping kids understand and recognize that big emotions can feel overwhelming. It also offers some practical strategies that you can implement at home with your child(ren) to help them cope with emotions that feel big and out of control.

GUIDING QUESTIONS



What are some things you can do when you're angry/stressed to help you calm down?

- Use the graphic on page 1 of The SOARce to find examples of self-regulating strategies.
- Help your child identify 2-3 strategies that might work.



Who can you talk to when you're feeling upset, angry, or stressed?

- Identify someone at home and someone at school.
- How do these people help you to feel calm?



We are partnering with our local libraries in Georgetown, Hudsonville, and Jamestown.

Each month, the three local libraries will pull the SEL featured book and display it in their children's section.

Be sure to check it out!



How can you make it right if you hurt someone's feelings when you're feeling angry, upset, or stressed?

- Talk about how to deliver a genuine apology.
- Practice: "I'm sorry I _____. How can I make it right?"

COMMUNITY CONNECTION

Did you know that you can follow HPS Student Services on social media? We have active accounts on Instagram, Facebook, and Twitter. The hope for these social media accounts is to deliver digestible and relevant social/emotional content that you can implement in your life -- at home with your child(ren), or even in your own personal life. Click on the icons below for direct access -- we'd love to have you follow along!



@melmbernard



HPS Student Services



@studentservicesathps