

Counselor's Corner

We Care, We Share, For the Future We Prepare



December - Value of the Month: HEALTH AND WELLBEING

Big question:

What are the ways to keep your body and mind healthy?

Dear BBS community,

In the month of December elementary school students are learning more about physical and mental HEALTH and WELLBEING. We discuss different ways of staying healthy and active during the online learning. We talk about the importance of routine and healthy eating. We pay special attention to the role of mental health in our lives, and discuss ways of balancing online and offline activities.

Have some time to review the key concepts, read the value related stories, and complete fun activities." Health isn't a goal, it is the way of living!" We believe, that together we can achieve more!

Kind regards,
Elementary School Counselors



Physical Health

is the overall wellness of your body.



Mental Health

is the overall wellness of how you think, feel and behave.



Quote:

"When we talk about our feelings, they become less overwhelming, less upsetting, and less scary," Fred Rogers

1. KEEP YOUR BODY HEALTHY

1. Get up early

Early to bed, and early to rise, makes a man healthy, wealthy and wise! Try to get up at the same time every day, better before 9 am.

2. Get enough sleep

You need around 9-10 hours of sleep to refresh your body and mind. Avoid technology and screen time for at least 1 hour before going to bed!

3. Exercise daily

Exercise for at least 30 minutes everyday. Even a simple walk around the house is great. Try the 'Roll the Dice' home exercise game!

4. Eat healthy

Eat lots of fruit and vegetables. Fill your plate with proteins, grains and beans. Make it colorful by eating lots of greens, reds, purples, yellows and oranges! Avoid junk.

5. Drink enough water

Drink enough water to keep your body hydrated! Keep your water bottle next to you all the time when you have a class online. Drinking water can help you focus and pay better attention.

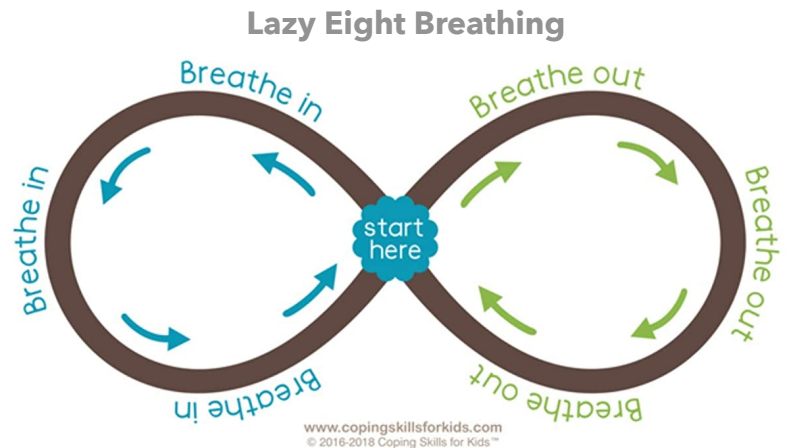


2. KEEP YOUR MIND HEALTHY

1. Use strong mind strategies.

Check [GONoodle.com](https://www.gonoodle.com) "Empower Tools" for some simple yoga routines.

Slow down and breathe deeply. Try "Lazy 8" breathing today! For more fun breathing activities go to "[Iana Sigitova](https://www.youtube.com/channel/UCBBS-elementary-school-counselor)" Youtube channel - BBS elementary school counselor.



2. Talk about your feelings.

Ask yourself - how do I feel today? Give your feeling a name (angry, worried, stressed, sad, excited...) Find time to talk about your thoughts and feelings with a safe adult. Write about your thoughts in a diary or draw your feelings on a paper!

3. Be present.

Stay in the moment. Go for a walk and see how many different things you can find with all your senses. What can you see? What can you hear? What can you smell? What can you touch? What can you taste? Learn more here (click on the link) - **WORRY WARRIORS STRATEGIES**

4. Good things.

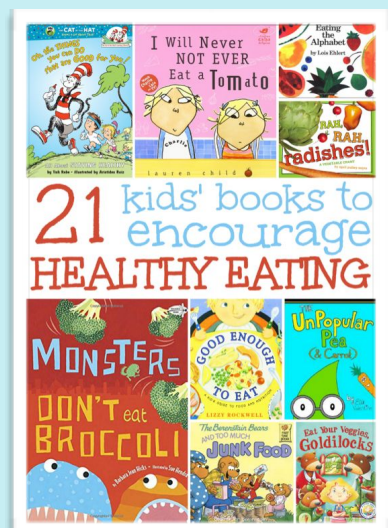
Before bed spend some time to think about and write down three good things that happened to you during the day. What things can you be thankful for?

5. Have fun and Stay creative!

READ ALL ABOUT IT:

Children's books are great for providing a window into the experiences of others.

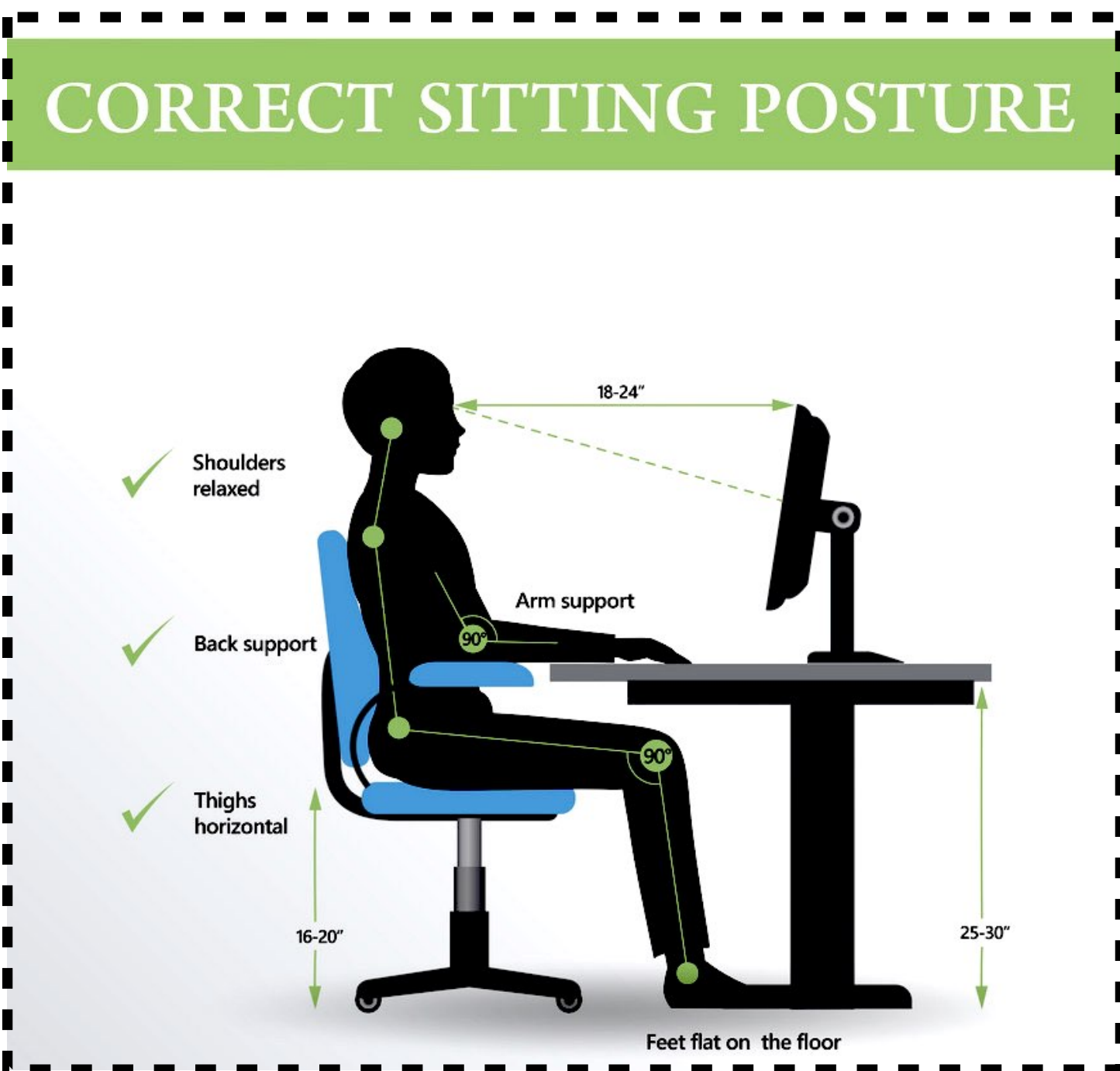
Check the compilation of books, which could be useful for a good chat about mental health, feelings, thoughts, and healthy eating!



Do at least one thing you enjoy everyday! Draw, dance, sing, play and have fun.

3. CHECK YOUR POSTURE!

- These days we spend a lot of times in front of the screen. Your back, neck and shoulders might start feeling strange after sitting for too long. It is time to check your sitting posture!
- The proper posture can reduce stress and friction on bones and muscles!
- Healthy body = HEALTHY MIND!
- Cut out the poster below and place it next to your desk to remember about the correct posture!



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