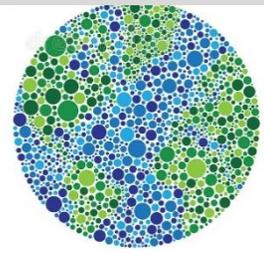


Counselor's Corner

Feb/Mar 2019 • Gutierrez.Gloria@tUSD.org • (310) 533-4559

Mindful Movement

Mindful Movement is the practice of moving your body with greater awareness and intention. This helps us remain in the present moment and to act with purpose and meaning, and for kids (and adults) this reduces impulsivity. Stand and give yourself at least an arms length. Begin by noticing your feet on the ground. Feel all the edges of your feet as they make contact with your shoe, bring awareness to what that feels like. Bring your arms to your sides. Then slowly, as slow as you can, like moving through mud, raise your arms up over your head. Pay attention to the sensation – do your arms feel heavy? Are they tingling? Then lower your arms, slowly again, like pushing them through sludge. Practice controlling even the smallest movements. Now ask: In what areas of your life can you practice slowing down to be more mindful?



Do One Thing!

Sometimes trash can be someone else's treasure. For spring cleaning, it can be tempting to stuff unwanted items in the trash bin after all that hard work. Don't! Giving items a second life via a secondhand store saves landfill space for real trash.

Screen Time and Mental Health

Not only is too much screen time bad for us ([more than 1 hr/day correlates to increased depression and anxiety](#)), there are things on the internet that can pose other real dangers – physical, emotional, and psychological – to our kiddos. Mrs. Marks already discussed the dangers with Fortnite; you may have heard about internet hoaxes targeting kids, some with real consequences. To protect our kids, [keep an open dialogue](#), utilize role plays to practice how to report cyber bullying AND cyber 'stranger danger'. Kids often fear getting in trouble if they tell, so provide them regular reminders and opportunities acknowledging that fear.



A Five Nights at Freddy's shirt for kids sold at a major retailer.

Here are just a few that have circulated:

- [Slenderman](#) (character and movie)
- [Five Nights at Freddy's](#) (game)
- [Bendy and the Ink Machine](#) (game)
- [The Blue Whale Challenge](#) (internet hoax?)
- [The Momo Challenge](#) (internet hoax?)

Please be aware as [some children are frightened](#) or desensitized by exposure to these media.

WHAT'S HAPPENING

February 5th: Safer Internet Day

Thousands of schools across the globe united efforts to teach parents and kids how they can stay safe on the internet. Check out the website below to find out more.

March 15-17: Parent-Teacher Conferences

It's report card time again and you may receive an invitation to conference with the teacher about your student's progress. Prepare in advance by noting what you've worked on with your child.

Positive Behavior Interventions & Supports

Students learn about Anza's expectations:

- Be Safe
- Be Respectful
- Be Responsible

Character Counts:
Kindness/Responsibility

Cool Website of the Month:

<https://www.childnet.com/resources/safer-internet-day>