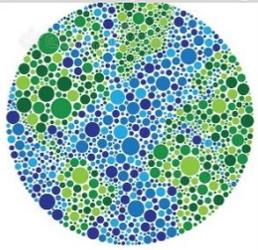


Counselor's Corner

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Mindful Thoughts

When something happens, we often create a story in our mind to understand reasons it might have occurred... true or not. When practicing mindfulness, you have the greater ability to say to yourself, "Wow, look at the story I created to make sense of what occurred. Do I know that for sure?". Being mindful slows your reactivity to these thoughts; it helps to simply try to observe and respond with awareness. 1) Sit in a comfortable position, close your eyes/relax your gaze, and take three deep breaths. 2) Focus on the thoughts that come into your mind. See if you can notice patterns. 3) Pretend you are on a train platform, each car of the passing train is holding one of your thoughts. Mindfully resists 'jumping on board'. Just look as the cars go by. 4) Give each thought a one-word label. 5) Draw your train: engine, 3 cars, caboose; then label each thought. 5) Notice any patterns? Now that you are aware, know that you are not your thoughts.



Do One Thing!

Volunteer for the Earth this month by planting a tree or starting a garden (responsibly of course!)

Anza is Collecting Recyclable Caps and Lids

April is Earth Month, and a great opportunity to combine friendship with recycling through Anza's new recycling project. Over the month of April (or until our goal is met) each grade level will collect plastic caps and food container plastic lids to be made into a buddy bench. Buddy benches are used by students who are interested in making a friend or joining a game at recess. Anza students will learn to 'Say Hello' and invite students on the bench to play. Use paper bags or small bins near your home trash can to collect them in and then turn them into the hallway bin for your grade level.



Once we collect 200 pounds, we can make a buddy bench!.

Items eligible for collection:

- Caps from plastic bottles and drinks
- Lids from cream/cottage cheese, ice cream, peanut butter, yogurt



WHAT'S HAPPENING

Career Day June 3rd
Volunteers Needed

Come share about your career! Kids love hearing what's out there and how it connects to their learning and personality.
<https://tinyurl.com/y4228xan>

April 6-14
Spring Break

Now is a perfect time to do outdoor activities before the heat of the summer. Bike, beach, hike, surf, boogie-board, fly a kite, run, join a sports game IRL (In Real Life). Have a good time!

Positive Behavior
Interventions &
Supports

Students learn about Anza's expectations:

- Be Safe
 - Be Respectful
 - Be Responsible
- Character Counts:
Citizenship

Cool Website of the Month:

<https://www.drawdown.org/>