

COUNSELOR'S CORNER

WITH MRS. JANNERS

JUNE 2022

Importance of a Summer Routine

Summertime is often a time for fun and a chance to relax and recharge. Summertime can also be a time some experience stress and anxiety. Changes in routine can be disruptive for children and lead to increased behavior problems. Most children benefit from a summer routine as a means of knowing what to expect on a daily basis, which can reduce stress and anxiety.

Here are FIVE tips for staying on track with routine during the summer:

1. Morning Meeting: start your day with a conversation with your child about what to expect throughout the day.
2. Consistent wake and bedtime: Except for special circumstances, a consistent sleep/wake routine will keep your child's body rhythm on track, make bedtime easier.
3. Regular meals and snacks: kids pay less attention to when they need to eat; plan ahead of time.
4. "Plan" down time: Help your child reduce stress by discussing ways to include down time in their routine, including discussion of what relaxation means to them.
5. Assign responsibilities: Helping a child feel that they actively contribute to the family unit can help improve self-esteem.
6. Get involved: School is their one place where they can be around other kids and learn how to be a good friend and how to socially interact. Having a club or camp can help bridge that gap over the summer.

I hope everyone has a wonderful and relaxing summer. We will see you for summer school or next school year!

Sincerely,
Elizabeth Janners

SUMMER SELF-CARE CHALLENGE

Day 1 Make a list of goals for the month	Day 2 Sit in the sun and meditate	Day 3 Make lemon water or lemonade	Day 4 Go on a hike or nature walk
Day 5 Enjoy the pool or sprinklers	Day 6 Waterguns, Bubbles, Side-walk Chalk	Day 7 Picnic or eat lunch outside	Day 8 Unplug from technology
Day 9 Drink all the water today	Day 10 Make a fruit salad	Day 11 Relax to the sound of nature	Day 12 Go out for ice cream
Day 13 Dress up and feel pretty	Day 14 Make a summer playlist	Day 15 What do you need today?	Day 16 Watch the sunrise or sunset
Day 17 Make your own popsicles	Day 18 Eat a watermelon	Day 19 Take a mid-day nap	Day 20 Visit a Farmer's Market
Day 21 Make s'mores or grill	Day 22 Try watergun painting	Day 23 Take a ton of pictures	Day 24 Do a yoga routine in the sunlight
Day 25 Walk away from unhappiness	Day 26 Re-organize your sacred space	Day 27 Write something beautiful	Day 28 Go star-gazing + count stars

Contact

Elizabeth Janners
School Counselor
(414) 645-1060 ext 203
jannerse@nativityjesuit.org

RINCÓN DEL CONSEJERO

CON SEÑORA JANNERS

JUNIO DE 2022

Importancia de una Rutina de Verano

El verano es a menudo un momento de diversión y una oportunidad para relajarse y recargar energías. El verano también puede ser una época en la que algunas personas experimentan estrés y ansiedad. Los cambios en la rutina pueden ser perjudiciales para los niños y provocar un aumento de los problemas de conducta. La mayoría de los niños se benefician de una rutina de verano como medio para saber qué esperar a diario, lo que puede reducir el estrés y la ansiedad.

Aquí hay CINCO consejos para mantenerse al día con la rutina durante el verano:

Reunión matutina: comience su día con una conversación con su hijo sobre qué esperar durante el día.

- Despertar y acostarse consistentemente: excepto en circunstancias especiales, una rutina constante de dormir/despertar mantendrá el ritmo corporal de su hijo en el buen camino y facilitará la hora de acostarse.
- Comidas y meriendas regulares: los niños prestan menos atención a cuándo necesitan comer; planifique con anticipación.
- "Planifique" el tiempo de inactividad: ayude a su hijo(a) a reducir el estrés discutiendo formas de incluir el tiempo de inactividad en su rutina, incluida la discusión sobre lo que significa la relajación para ellos.
- Asigne responsabilidades: ayudar a un niño a sentir que contribuye activamente a la unidad familiar puede ayudar a mejorar la autoestima.
- Participe: la escuela es el único lugar donde pueden estar con otros niños y aprender a ser buenos amigos y a interactuar socialmente. Tener un club o campamento puede ayudar a cerrar esa brecha durante el verano.

Espero que todos tengan un verano maravilloso y relajante. ¡Nos vemos en la escuela de verano o el próximo año escolar!

Sinceramente,
Elizabeth Janners

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Contacto

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Consejera Escolar
(414) 645-1060 ext 203
jannerse@nativityjesuit.org