

HNSA School Counselor Connection

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May 2022 – May is Mental Health Awareness Month

GCS 2022 “WALK YOUR WAY”

Walking to bring awareness to mental health as a district.



Walk Your Way@ HNSA May 9 - 13, 2022

Classes will select a time to walk each day during May 9-13th. Walks should be mental breaks for everyone to enjoy! (i.e. you could walk a few minutes during recess, take a lap or two around the school as a brain break). School staff who are not homeroom teachers will also participate by walking during the week.

Record **Distance walked on the Distance Tracker** on [HNSA WALK YOUR WAY Distance Tracker](#). **Please remember to record the distance walked during the week. We have to report our distance as a school at the end of the week.**

The green ribbon is the international symbol for mental health awareness. **On Thursday, May 12th - wear green.** Take a picture of your class walking/wearing green.

Service project: Collecting individually wrapped children’s snacks for Catherine’s House.

Event & Service Project details here [2022 “WALK YOUR WAY” @ HNSA](#)

Self– Care for Educators: 15 Mental Health Tips for Teachers

15 MENTAL HEALTH TIPS FOR TEACHERS



teachthought
University

Making it a priority

Seek out support

Think of ‘mental health’ in a healthy way

Develop a healthy PLN

Be in the right place

Set boundaries

Avoid toxicity

Emphasize purpose

Take care of your body

Have a life

Never feel stuck

Read more at [.Mental Health Tips For Teachers or Teachers: Protecting Your Mental Health](#)

Social–Emotional Learning



Please let me know how I can help support your implementation of Social Emotional Learning during your Morning Meetings with students. Link for [Everfi Social Emotional Learning Lessons – The Compassion Project](#)

Sharing Lessons 34: Compassion in the Classroom & School again because showing compassion helps promote good mental health.

[K–3 Compassion Project Lesson 34: Compassion in Our Classroom](#)

[4–5 Compassion Project Lesson 34: Compassion in Our School](#)

Promoting Mental Health with Students

Try this Mindfulness Activity with students during Walk Your Way

[Rainbow Walk: A Mindfulness Activity to Move the Body and Rest the Mind](#)



Take a walk, and look for something red, orange, yellow, green, blue, and purple. Keep going through the colors, in order, until the end of your walk. Do this mindfulness activity alone and/or with family or friends (using social distancing, of course). See link for suggestions for individual and group practice.

See the beautiful photos the teacher posted from her own Rainbow Walk.

[Mindful Teachers: Living, Learning, & Teaching with Mindful Awareness - Rainbow Walk: A Mindfulness Activity to Move the Body and Rest the Mind](#)

Character Trait of the Month: Courage

[Character Quotes of the Month – Courage](#)

[Hawks Nest School Counseling Newsletter – May 2022](#)

Let me know how I can support you and your students!



Referrals [HNSA School Counselor Referral Form 2021–2022](#)

Your Feedback please...

[HNSA School Counseling Program Feedback Form 2021–22](#)