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HEALTHY PATRIOT

GWA COUNSELING NEWSLETTER

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Rest & Relaxation Matter

Rest and relaxation are crucial for children's overall well-being and development. Just like adults, children need downtime to recharge their bodies and minds. Adequate rest supports physical growth, cognitive development, and emotional stability. It helps prevent burnout, reduces stress, and enhances concentration and learning abilities. Additionally, relaxation activities promote creativity, imagination, and social skills by allowing children to engage in unstructured play and exploration. Encouraging a balanced lifestyle that includes sufficient rest and relaxation sets the foundation for healthy habits and lifelong well-being.

We hope you all have a restful and relaxing Spring Break!



CHARACTER STRONG - VALUE OF THE MONTH: **COOPERATION**

We are looking forward to focusing on **Cooperation** this month. One way to think about **Cooperation** is “working together to reach shared goals.” **Cooperation** is a practice that can help us improve our relationship and perspective-taking skills. Click [here](#) for some fun ways to teach **Cooperation** at home.



Leader in Me - Habit #5: **Sharpen the Saw**

The metaphor "sharpen the saw" means taking time to renew and rejuvenate oneself, akin to sharpening a dull saw to make it more effective. It emphasizes the importance of self-care, rest, and personal development to maintain efficiency and effectiveness in one's endeavors. How does your family “sharpen the saw”?

Family Connection



Being honest is super important in our family. With our kids we frequently discuss why being honest matters and that it builds trust. We try to use language that focuses on being honest/ truthful. Especially during hard conversations.
- Frehner Family

In our family, we practice honesty by building trust first. We encourage a judgment-free environment. Family members are encouraged to follow the norms of listening first before responding and always assume good intentions. We recognize that life is a long journey where everyone is growing and unavoidably makes mistakes when they take risks. This should be celebrated rather than criticized.
-Ethan Zhang's family



Maite' loves being part of her singing group and diving into musical theater. Synergizing with her friends, they create magic on stage, each bringing something unique to the table. She's learned firsthand how vital it is to nail her part, knowing it makes the whole group shine as they work together.
-Merida Family