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Counselor Newsletter

November 15, 2021 - November 19, 2021

Family Activity – Gratitude Jar

Use an old pickle jar or some type of container to create a Gratitude Jar. Have slips of paper or sticky notes next to it. During this week and next week while celebrating Thanksgiving, as a family, try to write down as many things you are thankful for as you can. On Thanksgiving Day share with your family all the things that have been written. Reflecting on the things we are thankful for allow us to appreciate what we have and reduce stress overall.

Announcements

Beginning of 2nd Trimester 11/15

Thanksgiving Break 11/22-11/26

Scripture Quote of the Week

I will praise God's name in song and glorify him with thanksgiving.

Psalm 69:30



Dear Ascension Families,

November 15, 2021 - November 19, 2021

As we start our final week before our Thanksgiving holiday break, I would like to reflect on some of the things I am thankful for: family, exercise, forgiveness, dogs, and pumpkin pie! Those of course are only a few, and some are quite trivial. However, it is so important to reflect on those things we are thankful for, both big and small! Expressing gratitude allows us to have higher levels of well-being and increased happiness. Additionally it makes us more satisfied with life, have higher goal completion frequency, and more intense feelings of being loved. See [this](#) article to see more information about the benefits of expressing gratitude.

Even though we are in the season of gratitude, it is important to remember that expressing gratitude should be a daily routine and not just reserved for one day or month of the year. With that in mind, this week's guidance lesson will be a reminder for students on how to have an attitude of gratitude all year long! Middle school will select a person or persons they feel they owe thanks to. They will write a letter of gratitude to this person(s) as a reminder of how it feels to give thanks and the importance of doing so. Third-fifth grades will be creating a gratitude tree. Each student will write what he/she is thankful for on a leaf cut out. Then students will attach their leaves to an actual branch. We will put the branch in a vase to create our Thanksgiving tree. Kindergarten-second graders will be creating gratitude turkeys. After tracing their hands they will write what they are thankful for in each feather (finger).

Using these activities can help remind students of the importance of giving thanks and how it is important to give thanks year round. I hope everyone has a safe and relaxing Thanksgiving break! Happy Thanksgiving!

-Ms. Hoehler