



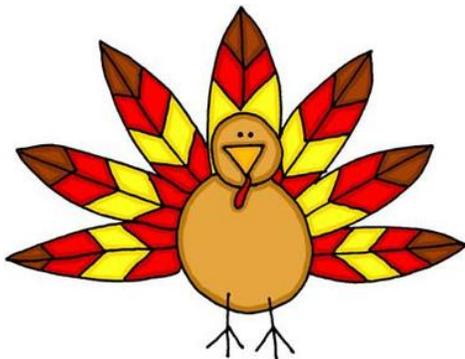
St. Cloud Counseling Corner

"Give Thanks"

November 2015

At this time of the year, we are reminded to give thanks and show gratitude for all that we have. The following are some activities you can do with your family to show your gratitude.

- Start a thankful jar- throughout the next week, write down things that you are thankful for and put them in the jar- on Thanksgiving, read them together as a family
- Make a gratitude wreath or tree- have family members write down things they are grateful for on colorful pieces of paper shaped like leaves, then create a wreath or tree using the leaves to display on Thanksgiving
- Write a letter to someone you are thankful for, telling them how much you appreciate them and why
- Start a gratitude journal- in a notebook, write down at least one thing you are grateful for each day
- Take pictures of things and/or people you are thankful for and create a gratitude photo album
- Make a gratitude paper chain to hang up for Thanksgiving
- Take a gratitude walk and point out things that you are thankful for in nature/ outside
- Think about the things you have that you are grateful for and how others might not have as much- fill a box with old clothes and/or toys that you don't use anymore to donate to someone in need



Thanksgiving Book Recommendations:

The Thankful Book by Todd Parr

The Perfect Thanksgiving by Eileen Spinelli

Cranberry Thanksgiving by Wende Devlin

Sharing the Bread: An Old Fashioned Thanksgiving Story

by Pat Zietlow Miller

Thanksgiving is for Giving Thanks by Margaret Sutherland



Bucket Fillers of the Week

10/9	Nola Duncan	2-Clark
10/16	Jalen Williams	3-Triano
10/23	Anya Starbinski	5-McArdle
10/30	Shep Stevenson	2-DeRosa
11/4	Remy Frolow	4-Stoner
11/13	Hannah Smith	2-DeRosa

Keep filling those buckets!!!

During Red Ribbon Week, classes discussed respecting their own bodies and those of others and created people figures that showed healthy choices they could make.



Please Note: I will be out on maternity leave beginning Thursday, December 10th. My anticipated return date is April 1st. During my time out, Miss Larissa Potosnak will be filling in for me. Miss Potosnak obtained her Master's Degree in Counseling from Montclair State University in January 2013. She has experience working in leave replacement positions in Wayne and Great Meadows School Districts. I hope everyone has a great few months and I look forward to seeing all of you when I return in April!

Sincerely,
Tara Donatiello

St. Cloud Guidance Department
Mrs. Tara Donatiello, NCC—School Counselor
973-669-5393 Ext. 26601
tdonatiello@woboe.org