

**Happy Spring!**

**Have a safe and enjoyable spring break!**

**Quote of the month:**

**“When you think things are bad,  
when you feel sour and blue,  
when you start to get mad...  
you should do what I do!  
Just tell yourself, Duckie,   
you're really quite lucky!  
Some people are much more...  
oh, ever so much more...  
oh, muchly much-much more  
unlucky than you!”**

**-Dr. Seuss**

**This month we are talking about positive thinking, developing a positive attitude, and responsibility.**

**One of the activities I did with students is called, “The Glad Game”. No matter what happens, we can try to find something positive about the situation- a silver lining.**

**For example, if we go outside and it’s raining, we can think about disliking the rain and our hair getting wet, or we can think about flowers growing from the rain and possibly seeing a rainbow. It is all about perspective!**

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