

NUGGETS TAKEAWAY - JOYFUL JULY



Welcome back, Rivervale from a restful June Hols to a **JOYFUL July** in the new school term!

In this issue, we are exploring how we can have a **JOYFUL July** by cherishing each school day, being positive about our learning and to be thankful for what we have and even what we do not have.

For a start, how about giving an adjective to each day of the week? E.g.:

Marvellous Monday; **Terrific Tuesday**; **Wonderful Wednesday**; **Thankful Thursday**; **Fabulous Friday** and so on.

To kick start a **Marvellous Monday**, think of one/two/three things that you are hopeful for. And work towards making them happen.

At the end of **Marvellous Monday**, think of one/two/three things that went well for you that day. Or maybe what you are thankful for? Or something that make you smile that day? And so on.

When we learn to be grateful, it helps us to reflect, feel good about ourselves and accept us for who we are. When we encounter difficult or challenging situations, we would be better able to manage the difficulties and cope with the stress.

Learn more from the self-help book available on the counselling webpage: **Healthy Nuggets for a Happy Child**. Or swing by the Counselling Room for a chat.

Cheers,

Ms Pheng “)

School Counsellor

How are you
feeling today?

Marvellous
Monday

Terrific Tuesday

Wonderful
Wednesday

Thankful Thursday

Fabulous Friday

