

Counselor Corner

February 2025



Self-Love:

February is dedicated to the goal of self-love. Here are some different ways that you can practice self-love throughout the month:

- Positive self-talk: recognize & say aloud some of the many good qualities that you have.
- Daily self-care: doing things daily that help you feel better.
- Practice self-compassion: it's OK to not be OK; be kind to yourself.
- Set goals that are achievable...one step at a time; progress not perfection.
- Set daily affirmations to promote self-love (I am enough)!

Sources of Strength (SOS)

A select group of students from the 5th & 6th grades at East Elementary (Peer Advisors) and staff (Adult Advisors) have been nominated to train in an evidence-based suicide prevention program that will launch in February! SOS promotes wellness and messages of Hope, Help and Strength in the school and community where it is embraced.

Riverside School District became aware of this opportunity during the fall, and will be the first school in PA to begin this program with this student population. On Monday, February 10th, the volunteer Adult Advisors will complete the training at East with the national trainers, then be joined by the Peer Advisors (students) on Tuesday, February 11, 2025. Structured meetings led by students & staff will follow as events are planned to promote school & community culture.

Finish the sentence...

I am good at...

Something that makes me unique...

I am loved by...

Something I like about myself...

I am proud of myself for...