



THE SCHOOL COUNSELING CONNECTION

HCPSS ELEMENTARY SCHOOL
COUNSELING MONTHLY NEWSLETTER

DECEMBER 2021 • ISSUE 4

*Fall &
Winter
Holidays
Around the
World*

Fall & Winter Holidays are a Great Time to Connect

There are many worldwide celebrations that occur during the late fall and also in the month of December. Take time to learn about a few holidays this season. It can also help you gain a better understanding and make connections with the people around you. Here is a list of a few celebrated in December.



Diwali: Diwali is a five-day festival celebrated in the fall by followers of Hinduism. It is commonly referred to as the Festival of Lights. Families celebrate by illuminating their homes using clay or oil lamps and creating designs made from rice or flour in front of doorways or shrines.

Hannukah: For eight days and nights, Jewish people around the world celebrate. The dates of Hanukkah change, but it typically falls sometime in December. Hanukkah is celebrated for eight nights with prayer, the lighting of the menorah, and food. Families also celebrate by playing games, singing songs, and exchanging gifts.

Kwanzaa: Kwanzaa is a holiday created to celebrate African heritage and culture and is held December 26 through January 1. People gather with their family and friends to exchange gifts and light a series of black, red, and green candles. These candles symbolize the seven basic values of African American family life: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

Winter Break Ideas

HERE ARE SOME LINKS THAT CONNECT TO THINGS TO DO DURING THE UPCOMING WINTER BREAK.

- **GO ON A WINTER INDOOR AND/OR OUTDOOR SCAVENGER HUNT**
- **TOSS AN EGG OUTSIDE AND LEARN WHILE DOING IT**
- **MAKE A SNOWMAN INSIDE**
- **GO ON A PHOTO SAFARI AND WRITE ABOUT IT IN YOUR JOURNAL**
- **MAKE AN ERUPTING VOLCANO WITHOUT TOO MUCH MESS**
- **HAVE AN ICE CREAM TASTE TEST**
- **WHATEVER YOU DO MAKE SURE YOU ARE SAFE :)**



Hug Yourself

A great way to keep warm and practice self care at the same time. It can improve your mood, help you relax and help you maintain calm when feeling anxious or upset.



How to Self Hug:

1. Fold your arms around your body in a way that feels natural and comfortable.
2. Rest your hands on your shoulders or upper arm.
3. Imagine the type of hug you want. A strong or softer, soothing hug?
4. Squeeze yourself with just enough pressure to create the feeling you're looking for.
5. Hold the hug for as long as you like.
6. Try gently rock back and forth while hugging yourself.
7. If you don't feel like hugging yourself, try rubbing your forearms or upper shoulders in a soothing way, similar to a gentle massage.

YOUR SCHOOL COUNSELOR IS HERE FOR YOU



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Email your school counselor if you have any questions or concerns.