

## The Travell Counselor's Corner



*Melissa Miller, Travell School Counselor*

May is **National Mental Health Awareness Month**. Here at Travell, we will be discussing the idea of checking on our emotional health the same way we do our physical health. Students will learn the importance of identifying feelings, developing healthy coping strategies and reaching out to a trusted adult when they need help. Classroom teachers will be provided with different activities to engage in with all students. As Travell Tigers, we are all committed to increasing our awareness and understanding of the social-emotional needs of our students.

Travell will also be participating in **Ridgewood's Green Out** on **Thursday May 18th**. Students and staff are invited to wear green in support of mental health awareness across the district. We will use this to kick off our very own Travell Spirit Week, which will take place beginning **Monday May 22nd** and run through **Thursday May 26th**.

If you are interested in discussing the topic of emotional health at home with your children, here are some enjoyable and age-appropriate books to check out:

- Today I Feel Silly and Other Moods That Make My Day *by Jaime Lee Curtis*
- The Fox and the Star *by Coralie Bickford-Smith*
- Mrs. Gorski, I Think I Have the Wiggle Fidgets *by Barbara Esham*
- Visiting Feelings *by Lauren Rubenstein*
- Up and Down the Worry Hill *by Aureen Pinto Wagner*
- How Big Are Your Worries Little Bear? *by Jayneen Sanders*
- Tough Guys (Have Feelings Too) *by Keith Negley*
- When Sophie Gets Angry — Really, Really Angry...*by Molly Bang*



**Wishing you all a happy and healthy May!**

