



# Counselors' Corner

What Happened with the Counseling Department for:  
December 2019 & January 2020



Mrs. Gomes  
4K, 1st, 3rd, 5th

Ms. Mann  
K, 2nd, 4th

**Pre-Kindergarten:** The Pre-k classes have focused on how to listen to your body when it comes to feelings. We discussed how sometimes we feel sensations in our bodies and how we can use those to help identify certain emotions we may be feeling (ex: a lump in your throat might tell us we are feeling sad). We also learned some strategies we can use to help calm ourselves when we feel certain emotions starting to affect us.

**Kindergarten:** Our mindfulness activities have been the rain storm, candle breathing, the Llama neck stretch, Gorilla Shoulder Rolls, Giraffe chair twists, and snake breathing. Ask your child to show you how to do these!

We have been working on Compassion and Self-Discipline. We read a story about Warm Fuzzies by Mary Kay and made our own creative Warm Fuzzies. Warm Fuzzies are the love and kindness that we give to others. We learned *the golden rule* and how to treat others the way we want to be treated. We also learned about self-discipline and self-control.

**First Grade:** In December and January, we continued our work on our Energy Bus lessons. We have actually been able to get through several of our rules for the Energy Bus. We have learned Rule #1, which tells us to create a positive vision. Rule #1 is where we talked about setting short term and long term goals for our lives. We also learned Rule #2, which tells us to fuel our ride with positive energy. Rule #2 is where we talked about filling ourselves with happy thoughts and thinking about areas in which we have been successful and things we are looking forward to. Rule #3 taught us about bullying and how to keep away from bullying, so that it doesn't take our positive energy. Ask your kids about the energy bus rules and how they can stay positive!

**Second Grade:** Our mindfulness activities have been the rain storm, candle breathing, the Llama neck stretch, Gorilla Shoulder Rolls, Giraffe chair twists, and snake breathing. Ask your child to show you how to do these!

We have also worked on two more of our 7 Habits of Happy Kids:

Habit #3: Put First Things First. This is putting work before play. Students learned about what are priorities and how putting studying before playing can help them with academics.

Habit #4: Think Win Win. This is about everyone can win. Students learned that fair is not equal. Fair happens when two people compromise on a situation and can both be happy with the decision. We also discussed conflict resolution during this habit.

# Counselors' Corner

**Third Grade:** In December we learned how to keep ourselves safe from bullying. We learned how to identify bullying, how to keep safe from bullying, and how to have empathy for others so that we can be more willing to help when we see bullying situations happening with others. In January, we learned about grit and how having grit helps us in achieving our goals and not giving up when we feel like we haven't been as successful as we would like to. This lesson connects to the lesson we did in November, where we learned about the power of yet, where we reshape our thinking from "I don't know this" to "I just don't know this yet"!

**Fourth Grade:** Our mindfulness activities have been candle breathing, the Llama neck stretch, Gorilla Shoulder Rolls, and Snake Breathing. Ask your child to show you how to do these!

We have been working on Brain Basics, Compassionate Mindset, and having a Determination and GRIT Mindset. Ask your child what he/she knows about the brain! A compassionate mindset is how our brains feel compassion for others. We talked about empathy and trying to understand the way others feel. You can train your brain to be more compassionate. We also talked about changing our mindsets to never quit! You can train your brain to **G**ive it your all, **R**edo if necessary, **I**gnore giving up, **T**ake time to do it right!

**Fifth Grade:** In December, we learned about bullying, where we learned about the things that classify bullying as bullying and we discussed the different types of bullying. The students then got into groups and did different activities where they identified situations as bullying or just mean behavior. In January, we learned about stress and some healthy stress management strategies. Each student received handouts to use in identifying stress and ways to manage their stress. These are great helpful tips they can carry on to middle school!

**February is Black History Month.** Celebrate the history, achievements, and futures of African Americans.

**We are still looking for volunteers for Career Day on March 27th. (Vehicles & Speakers)**

Our next Counselor's Community Night will be April 30th at 6:00 pm. This will be all about Mindsets and Mindfulness.

## Current Small Groups being offered:

- Zones of Regulation Program by Leah M. Kuypers
- Grief Group
- Academic Success Group

Please let us know if you would like your child to be invited to a small group.

## Character Trait for December, January, & February:

- COMPASSION, SELF-DISCIPLINE, & COURAGE
- Spiritual Wellness for the Month:
- Expanding out sense of purpose and meaning in life
- Financial Wellness for the Month:
- Satisfaction with current and future financial situations

## Coming up this year:

- Random Acts of Kindness Week
- Bullying Prevention
- March 27th: Career Fair and Vehicle Day
- April: Personal Body Safety
- Microburst Program (4th & 5th grades)