



# Counselors' Corner



October & November 2019

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

Ms. Mann  
K, 2nd, 4th

**Pre-Kindergarten:** In October, we focused on responsibility. We read the story “What if Everybody Did That”? Through the story, we were able to discuss how sometimes we do things simply because we see other people doing those things and those things are not always the most responsible choices to make. We discussed the importance of making our own responsible choices, based on what we know is right.

**Kindergarten:** Our mindfulness activities have been candle breathing, Llama neck stretch, Gorilla shoulder rolls, and the rain storm. Ask your child to show you how to do these!

- We have had a successful Red Ribbon Week! Thank you to all of our student participants. We learned about what healthy and unhealthy mean. We discussed healthy foods and healthy behaviors.
- We learned about how our mouths can be volcanos! We read Julia Cooks, *My Mouth is a Volcano* and did a following directions coloring sheet. The students were not allowed to “erupt” during the coloring.
- Classes are having lessons on friendship with our dinosaur friend. We learned how to be a good friend and how to meet new friends. Students matched up with a partner and asked questions to each other. They then stood up and presented information about their partner. They are doing a GREAT job!

**First Grade:** In early October, we continued our work on our Energy Bus lessons. We set up and began writing in our journals that will be used to hold all of our lessons about the Energy Bus. In November, we will begin lessons on each of the individual rules for staying positive and overcoming challenges. During the latter part of October, in support of Red Ribbon Week, we learned about healthy choices we make for our bodies. We discussed the things we put into our bodies and whether they are healthy or unhealthy.

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

- We have had a successful Red Ribbon Week! Thank you to all of our student participants. We learned about what healthy and unhealthy mean. We discussed healthy foods and healthy behaviors.
- We also had our second lesson on Habit #1 about being Proactive. What does it mean to plan ahead? Ask your child what they need to go camping. We talked about all of the things you need to bring if you want to have a successful camping experience. Translate into real life events such as daily routines, getting ready for a vacation, getting ready for school, etc.
- In November, we will be moving on to Habit #2: Begin with the End in Mind. This is about goal setting.

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**Third Grade:** In October, in support of Red Ribbon Week, we discussed the reasons for making good choices and staying drug free. We discussed how these choices can affect what we have planned for our future. We did some future planning and discussed how our futures can be negatively impacted by choices we make in what we put into our bodies. In November, we will start learning about how to have a growth mindset instead of a fixed mindset.

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

- We have had a successful Red Ribbon Week! Thank you to all of our student participants. We learned about what healthy and unhealthy mean. We discussed healthy foods and healthy behaviors.
- In November we will be working on more mindfulness and mindset activities. They will be learning more about the brain and how it works. We will be reading the book by JoAnn Deak, PhD called *Your Fantastic Elastic Brain*.

**Fifth Grade:** In October, in support of Red Ribbon Week, we learned about analyzing the power that companies have in persuading individuals to use their products. While continuing to talk about staying drug and alcohol free, and knowing that advertisements can persuade people to think activities like drinking and smoking are not bad for us, we experienced the power of persuasion in advertising these products. We looked at advertisements that these companies create and discussed the tactics they use to make people think they need to use these products, even though we know they are not good for our bodies. Hopefully this taught students to analyze advertisements that they see in order to decide for themselves whether or not they should use certain products.

**Character Trait of the Month:**

- RESPECT & HONESTY
- **Emotional Wellness for the Month:**
- Recognizing creative abilities and finding ways to expand knowledge and skills.
- **Occupational Wellness for the Month:**
- Personal satisfaction and enrichment derived from one's work

**Current Small Groups being offered:**

- Friendship
- Emotional Regulation

**Life Skills: FOR October & November:**

- RESOURCEFULNESS, EFFORT, INITIATIVE, INTEGRITY, ORGANIZATION
- PATIENCE, PERSEVERANCE, PRIDE, PROBLEM SOLVING

**Coming up this year:**

- 10/23-10/31: Red Ribbon Week
- Bullying Prevention
- March 27th: Career Fair and Vehicle Day
- April: Personal Body Safety
- May: SC READY & SC PASS
- Microburst Program (4th & 5th grades)