



# November



What a busy time of year! I hope you and your families are enjoying this time and creating special memories. We sure did get busy here at school! I want to wish all of you a very happy Holiday Season! Here is what has been happening in the Counselor's Office.

## HELP CHILDREN COPE WITH BIG FEELINGS

In our PATHS lessons, we have been learning to identify our feelings. Children can have the same big feelings we do. As adults, we have the life experiences to know how to deal with difficult emotions. When our children feel strong emotions such as fear, anger, anxiety, grief and sadness, they need our help to learn how to cope. Here are some tips:

**NAME THE FEELING:** Encouraging our children to put a name to a feeling can help to validate how their experience.

**NORMALIZE THE FEELING:** Explain that all people have these feelings sometimes and we all have to learn how to manage them.

**TALK ABOUT THE BRAIN:** In our PATHS lessons, we learn how the brain and body are connected and how our brain sends out signals when we experience big feelings. Explain that we have a part of our brain (thinking brain) that is in charge of making decisions, thinking things through and managing our emotions. Another part of our brain (emotional brain) sends strong feelings signals and reacts when we feel threatened with our fight, flight or freeze response. Sometimes we need to try strategies to calm our emotional brain so our thinking brain can take charge.

**PRACTICE SELF-REGULATION SKILLS:** When children are calm, their thinking brain is on. This is the best time to come up with a plan for when their emotional brain takes charge. Encourage deep breathing, taking a break, coloring, listening to music, exercising, etc.

## This Month's Classroom Lessons PATHS: Promoting Alternative Thinking Strategies

**Kindergarten:** Friendship, Mad and Angry, Scared and Afraid Feelings, Doing Turtle

**First Grade:** Fair Play Rules, Doing Turtle

**Second Grade:** Self-Control, Feelings: Fine, Excited, Tired, Scared or Afraid, Safe, Mad

**Third Grade:** Self Control, Problem Solving Steps, Feelings, Controlling Anger

**Fourth Grade:** Feelings: Calm, Relaxed, Tense, Problem Solving Review

**Fifth Grade:** Problem Solving, Feelings, Feelings Thesaurus, Feelings and Literature



## Nature Therapy

Although the weather is cold, encourage your children to play outside. Research has shown the following benefits of contact with nature for children:



Reduces impulsivity      Reduces depression  
Stress reduction      Improves coping skills  
Increases self-esteem  
Stimulates imagination and creativity  
Improves the attention and calms children  
with ADHD symptoms

(CRC Health Group, 2013)



## Small Group Counseling

Changing Families

Grief Support

Coping Skills

Anger Management

Friendship

Organization and Study Skills

(Call the Counselor to refer your child.)



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