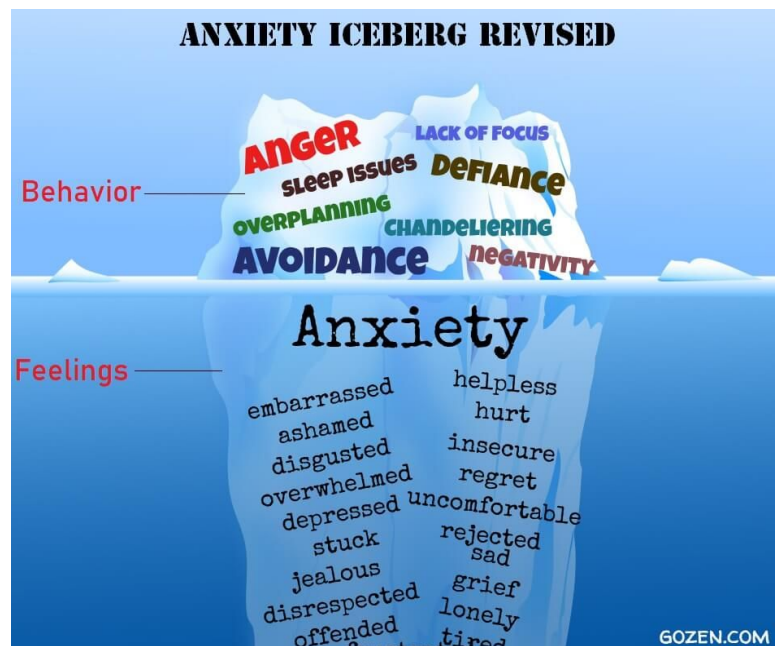




Let's Taco 'Bout It With the WUSD Elementary Counselors

Hello! We hope that you are experiencing a smooth transition as the school year starts. With all of the changes and societal events taking place, the beginning of the 2020-2021 school year is a bit more complex and stressful than previous years. Check-in on how you're feeling and also how your student is feeling.

Anxiety and stress may manifest differently with students and even among siblings. Some children may act out (defiance), appear angry, hit, hide under the table, have trouble sleeping, and/or lack focus. If your student is exhibiting a change in behavior and a consistent unpleasant behavior, it might be because they are feeling anxious. What could make things more challenging for you is that your student may or may not realize they are feeling anxious and also may not know how to verbalize how they are feeling.



Engage: Ask your student how they are feeling. A feelings chart/visual aide may be helpful. Reading a story and then talking about the characters' feelings may also help you and your student gain understanding about feelings.

Elevate: Explore options to turn an unpleasant feeling into a pleasant feeling and build tools to help address unpleasant feelings. For example, going for a walk, deep breathing, using a calm-down corner, and art activities are examples of self-care that can help with unpleasant feelings. Also, help your student empathize with others.

Empower: Ask your student which of the ideas you came up with they would like to try. Afterwards, talk about how they feel and how it is the same or different from how they were feeling before. Come up with a plan for what your student can do the next time they have an unpleasant feeling. Make up scenarios and/or do role playing to practice.