

November

COUNSELOR'S CORNER

★ Contact Info ★

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★ Check out our Website! ★

In case you did not know, there is a lot of information available in the counselor section of the Widefield Elementary School of the Arts website! If you are interested in community resources or would like to know what your social/emotional/academic subjects are being taught during guidance lesson, please **check** out our website! <https://widefield.wsd3.org/counseling>

Control

★ Self-Care ★

Cannot Control

This month, students learned what stress is and how to take care of themselves in situations they can and cannot control. I could not help but think about how I am impacted by external circumstances that are outside my realm of control, and those predicaments impact my mental and physical well-being. While learning with students, I was able to identify coping skills that I can apply to different situations. For example, I cannot control how other people feel about me or respond to me, but I can control my attitude and how I feel about myself. When I am faced with someone who treats me poorly, I can remember the things I like about myself, and watch a funny movie to help me get out of a negative thinking cycle. What is your self-care?

★ November Books ★

"How Full is Your Bucket?"
-Tom Rath and Audra Wallace

Geared for students 3rd through 5th grade. Offers strategies and stories to improve a student's perspective on life!

"What Should Danny Do?"

-Ganit & Adir Levy

Intended to support students who are learning about the power of choices!

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I do.
We do.
You do.

If you are working on a behavior or response, think about how you react and respond. Our children mirror our behaviors and choices.

Care and Share

Until the 19th of November, students can bring in non-perishable food donations to support families in need! The K-2 and 3 - 5 class that donates the most food will get an extra recess!

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Thanksgiving Break!
November 23 - 27

Christmas Break!
December 21 - January 1

January 4 and 5: No students!

2020-2021