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Elementary School Counseling Newsletter

Lodi Unified School District

School Counselor Reminders

Don't forget to reach out at:

Email: jdearmit@lodiUSD.net

Website:

<https://sites.google.com/lodiUSD.org/ms-jennifers-counseling/home>

Important events:

Christmas Break: December 21st-January 1st

Deep Breathing Coping Skill

The purpose of this is to relax our bodies and heart beat by focusing and controlling our breaths. When we focus on our breathing, we can distract ourselves from the trigger.

- Take a deep breath through your nose until your lungs get full
- Hold your breath for 3 seconds
- Slowly release your breath through your mouth
- Repeat 8-10 times or until your relaxed and your heart rates goes back to normal

small increments. Eventually they more comfortable and confident in

- Allow them to take reasonable risks experience the natural of their actions.
- Encourage them to try new things, mistakes, and learn from those all make mistakes, what matters is bounce back from them and learn.
- Give them the opportunities to own decisions and problem solve,

Adversity, Resilience and Perseverance

For many of us the COVID-19 pandemic along with Distance Learning proved to be challenging. The challenges and difficult life situations are called adversity and are a part of life. Some other adversities in life include the loss of a loved one, moving to a new school, family separation, divorce, rejection, school failures, troubles with friendships etc.... In order for our students to overcome adversity, we need to teach them to be resilient and persevere. What is resilience? Resilience is the quality that enables us to adapt to and overcome adverse conditions in our lives. Perseverance is the ability to bounce back from challenges and setbacks. Resilience and perseverance are great indicators that will allow our students to be successful in the future.

How to build resilience in children

It is not possible to protect your child (or ourselves for that matter) from the ups and downs of life. Life can be beautiful and challenging but by fostering these ideas in your children now, you will help them grow successfully in adolescence and help them better navigate adulthood.

- Allow them to experience disappointment. They will learn that sadness (like any emotion) is temporary.
- Validate their fears. Even if they are afraid of something, help them make plans to do the things that scare them. Example: A child is afraid of speaking in front of the class. Work with their teacher and

have them present in will become themselves. and consequences

make mistakes. We how we

make their



- Tell them stories of people who went through hard times but persisted. This can be celebrities, or people in their families, or you as parents!
- Reframe challenges as short term problems and opportunities to grow.

As we have all learned this last year, some things are just out of our control. Remember, we can't control everything that happens to us, but we can control how we respond. Sometimes that makes all the difference.