

DECEMBER COUNSELOR'S CORNER

Books that Remind Us to Be Grateful

"A Christmas Carol" by Charles Dickens

"Secret Santas and the Twelve Days of Christmas Giving: A Christmas Tradition with Heart" by Courtney Petruzzelli and Melissa B. Snyder

"3 Minute Gratitude Journal for Kids: A Journal to Teach Children to Practice Gratitude and Mindfulness" by Modern KidPress

Reminders

Winter Break: December 21 - January 1

No Students: January 4 - 6

Enjoy your Winter Break!

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Gratitude and Thanksgiving

For the month of December, students have been learning about gratitude and thankfulness. Collectively, we are acknowledging the challenges this year has posed; the word to define 2020 is unprecedented! Nonetheless, research indicates that people who are intentional about being grateful and purposeful about saying "thank you" are happier people! While "feeling" gratitude is not always easy, if we look close, we can always find something to be thankful for. I have been challenging our students to think outside the box and to express gratitude...ESPECIALLY if they are having a bad day! If you look around, what do you see that you can be grateful for? Express your gratitude out loud and see how it impacts your day!

I am thankful for:

my family, my friends,
my job, my home, my dogs,
basketball, snow, Christmas!
my health, mountains,
toffee almonds,
Zuppa toscana soup,
williams sonoma,
coffee....and so much
more!

Counselor's Corner

Widefield Elementary School of the Arts

In This Issue

Books of the Month:

"I am Love" by Susan Verde

"I Have a Dream" by Dr. Martin Luther King Jr.

Did you know that you are 42% more likely to accomplish your goals if you write them down!

Food for thought: It is appropriate for children age 5 - 7 to learn how to spend money, and children 8 - 10 to start learning how to save money.

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This Month's Guidance Lesson Focus:

This month, 3rd - 5th grade students are learning about goal setting. Students will be able to identify what a goal is and why it is important to set goals. Following a 4 step process, students wrote down their goal, why they created the goal, who they would turn to for support, what resources they needed to accomplish their goals, and when they would need to start working toward their goals. The final step required the student think abstractly. What struggles or obstacles might I face that I will need to work through? Kindergarten - 2nd grade will read "What Should Danny Do," and complete an activity.

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