



Counselor's Corner

September 2022

Mrs. Last & Ms. Rothe



COUNSELING MONTHLY FOCUS

Our focus this month has been on emotional regulation, identifying emotions and discussing how behavior is influenced by our emotions. We talked about the role the amygdala and cerebral cortex have in emotional regulation. Additionally, we discussed how different emotions can hide beneath major emotions such as fear contributing to anger or embarrassment to sadness.

RESOURCES

Want to know how you can help your children regulate their emotions?

Check out the article linked [HERE](#) to view an age by age guide for assisting your child with regulation strategies at every level.

LINKS

Click [HERE](#) to view the brain model we used to help students understand how the amygdala and cerebral cortex contribute to emotional regulation.

Click [HERE](#) to view the activity we used to help students identify their hidden emotions beneath anger, sadness, worry and happiness.

LET'S CONNECT!

Meet the school counselors:



Mrs. Last

~At Foxview
every day

Monday-Friday



Ms. Rothe

~At Foxview

M/W/F

