

From the Counseling Office

Dear Families,

This month in Pre-K, we learned about joining in and sharing. To join in playing with someone, we learned that we need to move closer, watch, then ask, "Can I join you, please?". We also learned that there are different ways to share, such as taking turns, trading, and playing together.

Engage your child by asking:

- ★ What are the steps you take when joining in?
- ★ If someone is playing with

This month in Kindergarten, 1st grade, and 2nd grade, we learned about identifying feelings and coping strategies. In each grade we learned about different feelings. We also added more coping strategies to our toolboxes.

Engage your child by asking:

- ★ Ask your kindergartener about rocks and socks (muscle relaxation) and how to use an I message.
- ★ Ask your first grader about their favorite mini movement break (elephant ears, starbursts, and raindrops) and finding a rainbow.
- ★ Ask your second grader about talking to people they trust, journaling, and 5-4-3-2-1 grounding.

We also learned about solving problems and the four problem solving steps.

If you have any questions, please reach out to us by phone or email.

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