

From the Counseling Office

Dear Families,

This month in Pre-K, we learned about what our feelings look like. We learned about happy, sad, mad, and excited. We spent time thinking about how we would feel in different situations and looked at those feeling faces in mirrors. We built faces with play-doh and played an emotions matching game. We then learned about what we can do when we experience a big emotion, such as feeling mad. We learned that we can stop, name our feeling, and take a deep breath to help us calm down. We sang a song and practiced using a rainbow breathing board.

Engage your child by asking:

- ★ What are the four feelings you learned about? What do those feelings look like? What makes you feel that way? (Happy, sad, mad, excited)
- ★ What are the steps to calming down? (Stop, put hands on tummy, name your feeling "I feel...", take deep breaths)

This month in Kindergarten, we learned about our circle of control and size of the problem. Everyday we face problems, most problems are small, and we will decide if the problem is in our control or not. We learned how to solve small and big sized problems.

Engage your child by asking:

- ★ What are some things you can control? (my words, my choices, how I take care of my feelings)
- ★ What are some things that are outside of your control? (school rules, what other people say and do)
- ★ What can you do if the problem is small? (ignore it, walk away, say "I don't like that, please stop")
- ★ What can you do if the problem is big? (get help from an adult)

This month in 1st grade, we learned about our circle of control and size of the problem. We discussed how we are proactive and in charge of only ourselves. We discussed as a class what is in and out of our control, then came up with our own answers. We learned that our problems are small, medium, or big and that our reaction size should match the size of the problem. As a class, we worked together during a story to determine if the size of the problem matched the reaction size, then came up with more appropriate responses. We then worked with a partner to determine the size of the problem, reaction size, and come up with a solution to solve a problem.

Engage your child by asking:

- ★ What are some things in your circle of control? (What I say, what I do, how I feel)
- ★ What are some things outside of your circle of control? (Friends, family, pets, other people's choices)

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- ★ If you have a small problem, who solves that? (You can!) What size should your reaction be for a small problem? (Small)

This month in 2nd grade, we learned about our circle of control and size of the problem. We read *Alexander and the Terrible, Horrible, No Good, Very Bad Day* and talked about whether the problems he faces are inside or outside of his circle of control. Our second lesson focused on the size of the problem. We talked about small, medium, and big problems and how our reactions to problems need to match the size of the problem.

Engage your child by asking:

- ★ What are some things you can control? (my words, my choices, how I take care of my feelings)
- ★ What are some things that are outside of your control? (school rules, what other people say and do)
- ★ What can you do if the problem is medium sized? (tell someone how you feel, ask for what I need, ask an adult or peer for help)
- ★ What can you do if the problem is big? (get help from an adult)