

From the Counseling Office

Dear Families,

This month in Pre-K, we learned that there are three steps we need to follow when playing a game. We learned the three steps, then practiced while playing different games!

1. We need to know the rules of the game
2. We need to decide who goes first
3. We need to wait for our turn

We also learned about using positive self-talk. We learned that positive self-talk is when we say good things to ourselves to help us get through a big emotion.

Engage your child by asking:

- ★ What are the steps you take when playing a game?
- ★ What are some examples of positive self-talk? (I am smart, I am brave, I can do hard things, I can try my best, I can do this!)

This month in Kindergarten, 1st grade, and 2nd grade, we discussed emotional bank accounts, and using self talk. We can make a deposit (add to) each other's emotional bank account when we do or say something nice to someone else. If someone does something unkind, that makes a withdrawal (takes away) from the emotional bank account. In the classroom we practiced adding to others bank accounts.

Positive self talk is a strategy to use when feeling frustrated or upset. In the classroom students practiced turning negative thoughts into positive thoughts. We talked about the power of "yet" and how changing the narrative in your head can turn your day around.

Engage your child by asking:

- ★ How can you add to your brother's/ sister's/ parent's/ friend's emotional bank account?
- ★ What is something you can say to yourself when your work is too hard?

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

Sarah: 585-335-4040 ext. 2013, or gebhards@dansvillecsd.org

Dani: 585-335-4040 ext. 2114 or mahanyd@dansvillecsd.org

Sarah Gebhard and Dani Mahany