

From the Counseling Office

Dear Families,

This month in Pre-K, we learned about self-control and that we are in control of our words and bodies. We practiced stop, take a deep breath, and think "I can do this!" while doing a freeze dance, playing Simon Says, and playing with bubbles. We also learned about accepting the word "no". We learned that when someone tells us no, we can look and listen to the person talking, take a deep breath and say, "ok", and choose something else to do. We can think in our heads, "Maybe later!"

Engage your child by asking:

- ★ What is self-control? What are you in control of?
- ★ What can you do when you hear the word "no"?

This month in Kindergarten, we learned different ways to determine who goes first in a game. We practiced playing rock paper scissors, rolling a dice (highest goes first), flipping a coin, and playing eeny-meeny-miny-moe to decide who was going to go first. Our second lesson of the month focused on how to make an apology. We learned that making an apology is a way of fixing our mistakes and that there are 4 steps. First say what sorry for. Next, state why it was wrong. Then, say what you're going to do differently next time. Finally, ask the person "Is there anything I can do to make it better?"

Engage your child by:

- ★ Play a game together! Use one of the ways listed above to decide who goes first.
- ★ Ask your child the four steps to making an apology and practice when they make a mistake.

In 1st grade, we learned about handling name calling. We learned that when someone calls us a mean name, there are three steps we can do to fix the problem: 1- Ignore and walk away, 2 - Tell them to stop!, 3 - Tell an adult. We talked about what we would do in various scenarios together. We also learned about sharing, and that when we share, we play together and everyone is happy. We talked about a scenario together, and practiced sharing with our peers.

Engage your child by asking:

- ★ What are the steps you take when someone says something mean to you?
- ★ Why is it important to share?

In 2nd grade, we learned the importance of not taking things that don't belong to us. We read a story about stealing, then practiced asking to use or borrow something in an appropriate way. We also learned about looking at problems from different perspectives. We talked about empathy and the importance of thinking about how others feel and think differently than us.

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Engage your child by asking:

- ★ Why should you not take things that aren't yours?
- ★ What's one way to show empathy toward your (brother/sister/cousin/parent/ friend)?

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

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