

School Counselor Connection



Mrs. Butto's Newsletter

Number 3

For the months of August, September and October, I had the wonderful opportunity to meet with each classroom once a week for a classroom guidance lesson. Starting in November and with the start of small counseling groups, lessons moved to every other week. Lessons focus on social skills, self-regulation strategies, and the "Leader in Me" Habits. Deep breathing and mindfulness techniques are also incorporated into each lesson. **Past editions of the School Counselor Connection are on my website.**

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Self-Regulation Lesson

Bug and a Wish

McDowell leaders learned how to be effective problem solvers! Oftentimes when we have a problem or disagreement with someone, we "flip our lids" and get into the blue, yellow, or red zone. Therefore, the first step is to use a calming tool to return to the Green Zone so we are prepared to make a good and kind choice. The second step is to use Habit 5 and seek to understand the other person's thoughts, ideas, and feelings. Step three includes choosing a strategy to solve the problem. Strategies that we practiced include think win-win (make a deal), talk out the problem by using a "Bug and a Wish", or apologize. If the other person is not willing to talk it out, choose to ignore the problem (especially if it is a very little problem), or walk away. Problems that are not solved after trying two strategies should be reported to an adult because they are now big problems.



It **bugs** me when you _____ and I **wish** you would _____.

Leader in Me Lesson

Habit 3: Put First Things First

I know what my responsibilities are and I do them based on what is most important. I set priorities, make a schedule, and follow my plan.



During this lesson we will be focusing on priorities and the importance of focusing our time and energy on our priorities (big rocks like family and school work) and less time on activities that are not as important (little rocks like playing on the ipad or playing video games). Through demonstration with big and little rocks and a jar, it will be illustrated that if we fill our day (a jar) full of less important activities (little rocks) then we will not have time for our priorities (the big rocks). Leaders put the important activities first!!!

Leader in Me Lesson

Habit 4: Think Win-Win: I believe we can all win!

I want **everyone** to be a success. I don't have to put others down to get what I want. When there is a conflict, I look for solutions that will make everyone feel good.

Together we read "Too Tall Houses" by Gianna Marino and role-played and practiced thinking win-win.



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