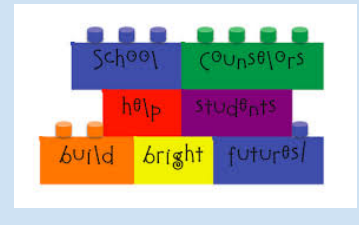


School Counselor Connection



Mrs. Butto's Monthly Newsletter Number 2

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.

Friday lunch bunches have started! Each child in full day kindergarten will be invited to lunch one Friday during the school year. This is a fun way to get to know my students better!!!

I can be reached at 330-653-1229 or Buttoa@hudson.k12.oh.us. Do not hesitate to contact me!

Self-Regulation Lesson

In October the concepts "**Expected and Unexpected Behavior**" were reinforced. This is language the students hear on a regular basis by all McDowell school staff. The concepts of "Expected and Unexpected Behavior" come from Michelle Garcia Winner's Social Thinking curriculum. Mrs. Winner explains, "We are teaching children to become more aware of their surroundings and the people in it. We are teaching with a focus on developing and expanding their awareness... and noticing that what we each do impacts those around us." When children show "expected behavior", others feel comfortable around them. **While all feelings are okay, not all behavior or choices are okay.**

We also used our hand as a model to explain what happens in our brains when we are having uncomfortable feelings and how our feelings affect our thinking and behavior choices (we flip our lids) (Dr. Siegel's Hand in the Brain Model).

Tips to reinforce the lesson and concept at home:

*Label and identify behaviors that you observe as either expected or unexpected. For example, "It is unexpected to shout in the library. In the library we are expected to use a quiet voice; that helps everyone to feel comfortable."

*Talk about what behavior would be expected before you go to a location or place (i.e. doctor's office, family event, grocery store, etc.).

*Let your children know what kind of feelings and thoughts you have when they show expected or unexpected behavior and explore how they feel when others show expected and unexpected behavior.

Leader in Me Lesson Habit 2: Begin With The End in Mind

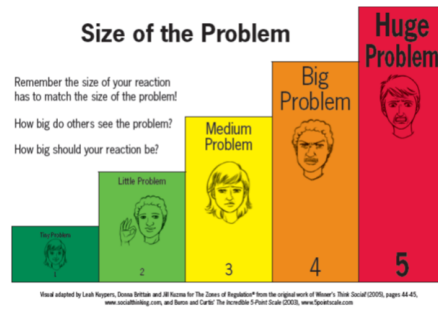
I set goals for myself. I have a plan for how I will accomplish my goals. I think about what I want to be when I grow up and how I will get there.

During this lesson we focused on the power of YET! We read "When Sophie Thinks She Can't" by Molly Bang, thought of an activity that we don't know how to do YET and developed a plan to help us get there!



Self-Regulation Lesson

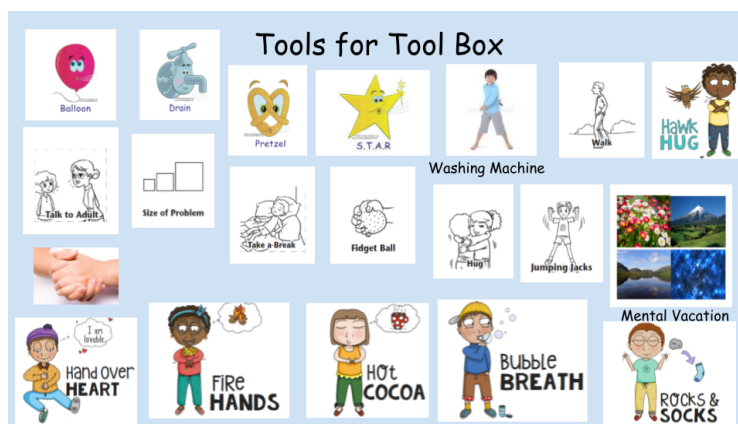
Kindergarten students at McDowell are continuing to learn how to regulate their emotions and behavior by developing their thinking strategies. The thinking strategy that we have focused on is matching our reaction to the size of the problem and being in the "expected zone" for the size of the problem. When in the expected zone of regulation, they do their very best, feel comfortable, and others feel safe and respected. It is important that when a problem is tiny or small to use our self talk to remind ourselves, "That it is a small problem and I can stay calm."



Self-Regulation Lesson

In November kindergarten students developed their own toolbox of calming strategies. These strategies and tools are to calm and manage our uncomfortable feelings so that we can return to the green zone. Ask your child to demonstrate their favorite calming tools! **It is best to practice them when in a calm state so they are remembered more easily when upset. It is common for students to need prompting to use a strategy until it becomes more automatic for them.**

Here is a sample of calming tools:



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