

From the Counseling Office

Dear Families,

This month in Pre-K, we learned about doing non-preferred things such as cleaning up. Sometimes, it is hard to stop playing with something, or stop doing something fun, to clean up. We learned that we can stop, take a deep breath, say "okay", and clean up. We practiced these steps together by playing with play doh and coloring, then cleaning up together.

Engage your child by asking:

- ★ What steps can we take when we don't want to do something? (Stop, breathe, say "okay!", follow through)

This month in Kindergarten, we learned how to accept when the answer is no. We played the classic children's game *Mother May I?* and if the answer was "no" we followed our 4 step plan to saying calm. We discussed that when an adult says "no" it's a small problem. We can pause, breathe, say "okay" then make a different choice.

Engage your child by:

- ★ Asking, What are the four steps to take when the answer is "no"?
- ★ Trying playing *Mother May I* at home and practice using the 4 steps

In 1st grade, we learned how to accept the word "no" from a peer. We read the book, "I Just Don't Like the Sound of No" by Julia Cook, and discussed the steps we can take when we hear the word "no". We learned that we can stop, look and listen, take a deep breath and say "okay", then walk away and choose something else to do. We then discussed with partners what we would do in various counselor-provided situations where a peer is telling us "no".

Engage your child by asking:

- ★ What steps can we take when a peer tells us "no"?
- ★ What can you say to a peer if they tell you "no"?

In 2nd grade, we learned what to do if someone calls you a name you don't like. We talked about boundary setting and how it's okay to tell others what you like and dislike. Students then created a poster to put a stop to teasing.

Engage your child by asking:

- ★ If you see someone being teased or picked on, what can you do?
- ★ What is a boundary? (Telling someone what you like or dislike.)

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