

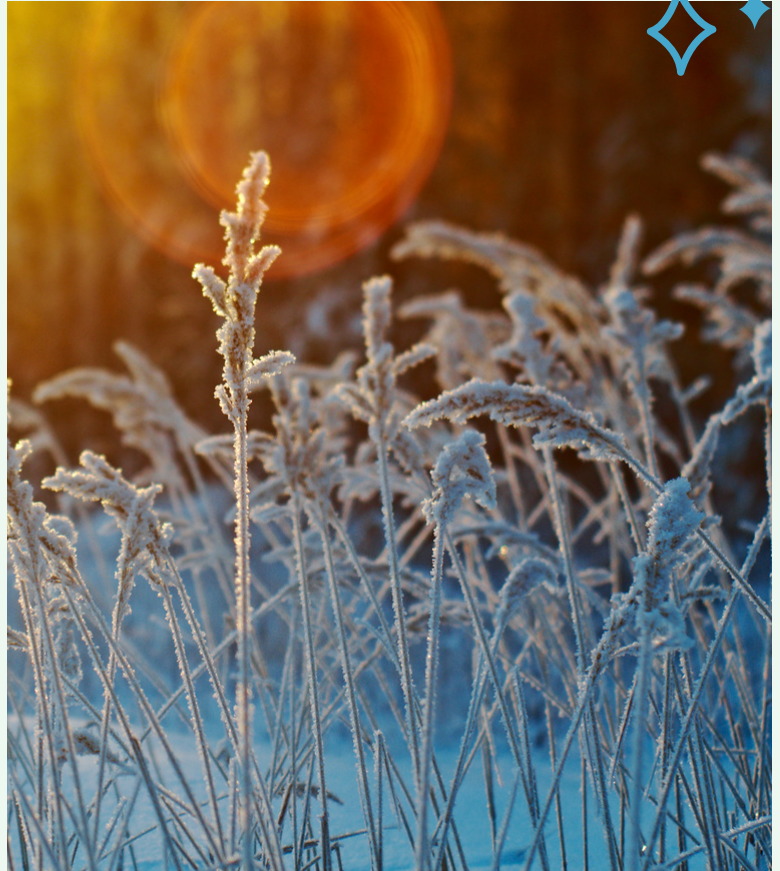
COUNSELOR'S CORNER

Volume 3, February 24

"In the winter she curls up around a good book and dreams away the cold."

— Ben Aronovitch

Happy Winter!!



Breathe and Reflect

Winter is a season that calls us to slow down. Bears hibernate, grasses lay dormant, and trees preserve their energy for the spring growth. We, too, are invited to turn our attention inward, to reflect, to nourish, to prepare.

In our busy family lives this does not always feel possible...and sometimes we don't even know that we can. Too many kids run from one structured activity to another, missing those opportunities for reflective growth. Play a board game, work a puzzle, read a chapter book as a family, create art, build snow structures, and prepare for what is next. This season is good. Happy Wintering!



Meet Jay, a fabulous 5th grader who serves on our Character Club and designed this game "Knock Down Bullying" for our Kid's Gala during The Great Kindness Challenge.



The Critical Years

Of course we have known for a long time that so much critical development happens between the ages of 2 and 7, but what is most critical during those years seems to change with each generation. Recently, [this article](#) was published in Edutopia, a fabulous education resource, that brings this issue into focus for our current understanding of brain development. The pieces that jump out most to me are to encourage your child to be a generalist (try out many different activities) and to focus on emotional intelligence. Kids in these years need exposure to many different activities including ways to move their bodies and ways to access the arts and creativity. Structured activities are not necessary, so please remember the value and importance of time outside or inside with family members playing games, listening to music, doing watercolor painting, playing catch, having dance parties, and singing karaoke! Talking about emotions, modeling and teaching empathy and self-control are so important during these years as well.



NEED SUPPORT?

Local Resources for Financial Support:
<https://www.mhpcolorado.org/covid-19-local-resources/>

Mental Health Resources:
<https://docs.google.com/document/d/1bu8llGi7CgGMJSpZa6WI5cUWAcHhDV8CS6WyWt1zn7k/edit?usp=sharing>

Children's Grief: Judi's House, <https://judishouse.org/>

Crisis Support Line: [844.493.TALK \(8255\)](tel:844.493.TALK)

The Great Kindness Challenge



The Great Kindness Challenge was last month from January 22nd through January 26th. We had a lot of fun practicing kind acts and focusing our energy on kindness. We tend to grow more when we are intentional and put energy toward something in a concerted effort. This is the reason and mission of The Great Kindness Challenge. We know we should always be kind consistently. But we all know that the more we practice, the better we will get at something. We want all of our students to be really good at being kind, which is why I brought this international event to our school during the 2022-23 school year. This was our 2nd Annual Great Kindness Challenge and I hope there will be more and more excitement about the event as years go on. This year we had about 70% of students turn in their kindness checklists. The Lafayette City Council even passed a proclamation this year about TGKC and Mayor Pro Tem Wong read it at our assembly. If you did not get a Family Kindness Bingo sheet, feel free to access it [here](#). These are some ideas of ways you can practice kindness with your kids at home and keep the growing going!



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