

# Elementary Guidance News

Mrs. Turybury  
585-268-7929  
[jturybury@genvalley.org](mailto:jturybury@genvalley.org)

## Social Emotional Learning

- Naming our Emotions, Grades K-4
- Self-Esteem, Bullying and Teasing, Grades 5&6

In the classroom, I am using a free online curriculum as a resource to guide our SEL lessons, [www.begoodpeople.com](http://www.begoodpeople.com).

Please reach out if you have questions or need support!

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## Kindergarten - Grade 4

“When *little people* are overwhelmed by *big emotions*, it's our job to share our calm, not join their chaos.”

-L.R. KNOST

The Gottman Institute

I spent time with our students learning about our emotions and how to manage them.

We reinforced that all our emotions are OK, it is what we do with them that matters most.

We learned about coping skills to help manage big emotions so we can communicate and work through our problems.

**TIP TO REMEMBER:** When helping your child de-escalate, remember to validate your child's feelings. With calming strategies and communication, you can help your child understand their emotions, communicate their needs and work through their problem. This can be frustrating and take time and patience, but with consistency over time, you will see less tantrums and better communication with your child!

## Grades 5 & 6

**BE STRONG**  
BUT NOT RUDE

**BE KIND,**  
BUT NOT WEAK

**BE BOLD,**  
BUT NOT BULLY

**BE HUMBLE,**  
BUT NOT TIMID

**BE PROUD,**  
BUT NOT ARROGANT  
[www.the36thavenue.com](http://www.the36thavenue.com)

We started our year focusing on our strengths and weaknesses, what is going well and what we would like to work on.

Students identified bullying/teasing and how to handle classmates who are disruptive in class as things they worry about.

We discussed how we can be proactive; not being vulnerable at school or online.

We learned about strategies to use when these situations arise:

- When to just ignore, not give attention and walk away.
- Standing up for yourself by being assertive and using direct language.
- Reporting any continuation of teasing/bullying and/or unsafe behaviors.

**TIP TO REMEMBER:** If your child tells you that they are experiencing bullying, manage your reaction and get the facts, talk to your child and work to resolve the situation. Report to the school if necessary!