October Newsletter

From your School Counselor, Mrs. Strohl

School Counseling Library Books

Primary Grades Book Recommendation:
I'm Gonna Like Me
by Jamie Lee Curtis and Laura Cornell

Intermediate Grades Book Recommendation:
Buckets, Dippers, and Lids: Secrets to Your Happiness
by Carole McCloud

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PARKLAND
KERNSVILLE ELEMENTARY

Social-Emotional Skill

Coping Skills

Does your child have coping skills to use when they feel angry, sad, or out of control?

Identifying and practicing coping skills is essential to managing big emotions.

Coping skills vary by setting. What works at school may not work at home. Share with your child your favorite coping skills to use when stressed.

Examples of coping skills include deep breathing counting to 10, journaling, listening to music, going on a run, etc.



Activities for Home

Do a coping skills scavenger hunt! Write down coping skills and hide them around the house. When your child finds them, practice the skill together.

Play coping skills charades! Act out different coping skills and try to guess them. Then discuss which ones would work best for your child.

Make a coping skills toolbox. Find comforting items and put them in a shoebox as a calming kit your child can use when overwhelmed at home.



P.A.C.K. Word of the Month: ACCOUNTABLE

Being accountable in the classroom means taking ownership with your best work and being honest at all times.