



Counseling Connection

Amber Bill, School Counselor

October 2018

Red Ribbon Week

October 29th-November 2nd

Monday, October 29-I Pledge to Be Drug Free

Wear red to show your commitment to a drug-free lifestyle

Tuesday, October 30-Team Up Against Drugs!

Wear your favorite team's shirt or jersey

Wednesday, October 31-Say BOO! To Drugs!

Wear a Halloween shirt or Halloween colors

Thursday, November 1-Sock It To Drugs!

Wear silly socks to show your commitment to drug-free.

Friday, November 2- Be A Friend To Everyone!

Wear shirts with a positive statement or dress like a friend.

Our October Classroom Lessons

To coincide with our Red Ribbon Week celebration this month, our lessons will be focused on healthy and safe choices. These lessons will look different at each grade level. My hope is that your child can share new learning from our lessons and the impact of making healthy and safe choices. Along with this we will begin focusing on a character trait in classrooms, the first we will start with is EMPATHY. There are many other traits that encompass this one and are embedded in our daily interactions with each other.

5 STEPS OF EMPATHY

1. WATCH & LISTEN TO WHAT THE OTHER PERSON SAYING AND WHAT IS THEIR BODY LANGUAGE?

2. REMEMBER WHEN DID YOU FEEL THE SAME WAY?

3. IMAGINE HOW YOU MIGHT FEEL IN THAT SITUATION. VALIDATE THE WIDE RANGE OF EMOTIONS THAT COME UP.

4. ASK HOW THEY ARE FEELING. SHARE WITH THEM WHAT YOU ARE NOTICING

5. SHOW YOU CARE THROUGH YOUR WORDS AND ACTIONS.

#EMOTIONALFITNESS2017

Last Month

In classroom lessons last month, we focused on self-regulation/self-control strategies.

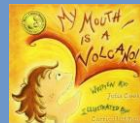
Kindergarten & 1st Grade- recognizing feelings & using physical strategies to regulate our emotions, words, and actions.

2nd Grade- recognizing feelings & using physical and emotional strategies to regulate our thoughts, words, and actions.

3rd Grade-being proactive versus reactive in our response to a problem or situation.

4th & 5th Grade-reviewing physical and emotional self-regulation strategies. We also worked on cognitive strategies in 4th grade; Don't Take the Bait and in 5th grade; The Domino Effect.

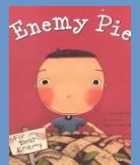
Counselor Recommended Read Aloud Books over Self-Regulation and Empathy



My Mouth is a Volcano (Self-Regulation)
Author: Julia Cook



Interrupting Chicken (Self-Regulation)
Author: David Ezra Stein



Enemy Pie (Empathy)
Author: Derek Munson

Why use self-regulation learning strategies?



- To increase academic performance
- To provide individuals with tools for lifelong learning
- To provide intrinsic rewards

Small Counseling Groups

I am currently getting teacher referrals and recommendations for small group counseling sessions. The groups that will be offered include: Self-Regulation, Anxiety, Friendship/Social Skills, Self-Esteem, Grief, Family Changes/Dynamics (divorce). If you are interested in having your child participate in a group please feel free to notify me through email, abill@fz.k12.mo.us. If your child's teacher referred him/her to me, then there will be a permission slip coming home in the next week.