

Elementary School Counseling Corner

1st Quarter Review:
Zones of Regulation



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Below is a summary of some of the concepts that students at Meadowbrook have been learning with their school counselor in Life Skills during the **2nd Quarter**. Please ask your child about the things they are learning with Mrs. Laughrin. If you have any questions, please contact her at the above number or via email.

Character Traits were the focus of our Life Skills Lessons throughout the second quarter. Be safe, Be Respectful, Be Responsible is the Bulldog Way! Every choice we make affects others in either a positive or negative way, but we don't always have the opportunity to fix our negative words or actions. Students had many opportunities to share and pass on acts of kindness. From saying hello to holding doors open for each other, Meadowbrook Bulldogs discussed countless ways to show Kindness and Respect. Our Kindergarten classes focused on treating others the way you want to be treated. We discovered Cotton Ball words (kind, caring or nice) and compared them to Sandpaper words (hurtful, mean, or rude). First and Second grade placed a great deal of importance on the Golden Rule with help from our Otter friends. "Do Unto Otters As You Would Have Otters Do Unto You." Third and Fourth grade discovered the importance of kindness, including others and accepting people for who they are. We used the phrase, "Don't judge a book by its cover," to remind us that everyone deserves a chance and that words and actions, the way we treat others makes up our true character. The book *Each Kindness*, *The Invisible Boy* and *Spaghetti in a Hot Dog Bun* were great teaching points.

"If You Believe in Yourself Anything is Possible"

Also, during Life Skills, we have been discussing Self-Esteem. Self-Esteem is the value you put on yourself and how important you feel. It's not about bragging. It's knowing that you are important, special and talented in different ways. Healthy self-esteem gives you the courage to try new things and make expected choices. Similar to Bucket Filling, it's important to boost Self-Esteem of others as well as taking care of yourself. Students participated in "Alphabet Affirmations", "sELF Esteem holiday creations and mirror reflections. Remind your students to think positive, talk positive and be proud of who they are individually.

