

# Elementary School Counseling Corner

Review::

Zones of Regulation



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KEEP CALM  
AND  
YOGA ON

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 **3rd 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.

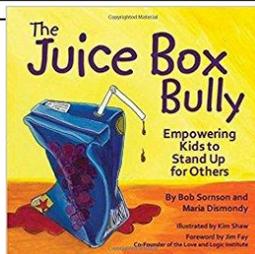
**RELAX**

Mindfulness, Communication, Conflict Resolution and Bullying were the focus of our Life Skills Lessons throughout the third quarter. These four main topics play a larger role when the combination is looked at together. Mindfulness has become more and more popular among schools over the past couple of years. When you practice being mindful you are focusing awareness on the present moment, while calmly acknowledging and accepting feelings, thoughts and body sensations. YOGA is a popular activity where mindfulness is being practiced.

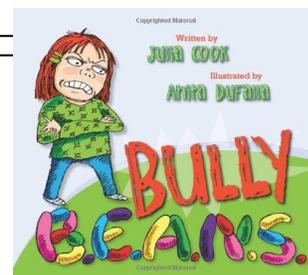
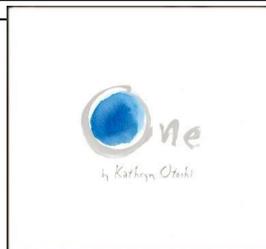
Younger students dug into guided YOGA with *The Very Hungry Caterpillar* where we placed our focus on deep breathing and body awareness. Yes!

We also spent quite some time discussing and practicing ways to solve problems, ways to take away a bullies power and how to communicate with friends, teammates and classmates when we don't see eye to eye on a topic.

I am excited to continue to learn and grow with Meadowbrook students as we dig deeper into mindfulness and its powerful impact on students throughout their day.



“Sometimes It Only Takes One”  
-Kathryn Otoshi



Learning to be your own problem solver takes time, patience and a lot of practice. Throughout the 3rd quarter each grade level read stories, created projects and challenged their understanding when it came to all aspects of problem solving. First, we looked at our communication skills. Checking our tone and body language was extremely important when practicing role playing disagreements. Second, we took a look at perspectives. Remember, there are always at least two pieces to a puzzle. Everyone is entitled to their own opinion so remembering to solve problems peacefully is important.

Third, practicing many ways to solve a problem is key. Each character in our stories came up with two or more action steps when solving problems. We discussed and practiced ignoring and walking away, using A Bug and A Wish or an I-feel message, using an assertive BIG voice and so many more...

Our major take-away in learning to become your own problem solver was:

“If at first you don't succeed...Try, Try again.” - Thomas H. Palmer

There will be times when “Plan A” does not work, it's always nice to have extra tools to use with a “Plan B”. Talk to your child about finding different solutions to solve disagreements in a safe, respectful and responsible way. This goes hand and hand with our Bullying topic.

Students often are a bit confused with knowing the difference between bullying, being rude or being mean. Our main take away at Meadowbrook is how to prevent a Bullying problem from happening. After some practice student found our stories empowering. Choosing Kindness goes a long way. We decided that we would vow to be Upstanders. No one should stand by and do nothing when feelings are being hurt. The empowering stories by Julia Cook and Kathryn Otoshi really gave students a great perspective.