

# ***School Counselors Corner***

***December 2020***

## **Character Education Word of the Month**

### **Caring**

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

L.R. Knost

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This month is a time for great celebrations and time with family. It is also a challenge for us as we face uncertainty in our daily routines. Our students face different challenges as they navigate through online learning and social distancing. Establishing a set routine is helpful. Making a set space for schoolwork and creating a visual schedule can help students keep track of their day. Older students can use a planner or calendar to keep track of what’s happening in their day. Having students follow a routine as if they are going to school (getting dressed, brushing teeth, etc.) is helpful. Remember to include time for breaks and movement activities.

#### **Handling our Child’s Emotions**

It seems like when our kids are upset and need us the most are the exact moments we aren’t prepared for – the moments we ourselves are tired, stressed, sad, or triggered.

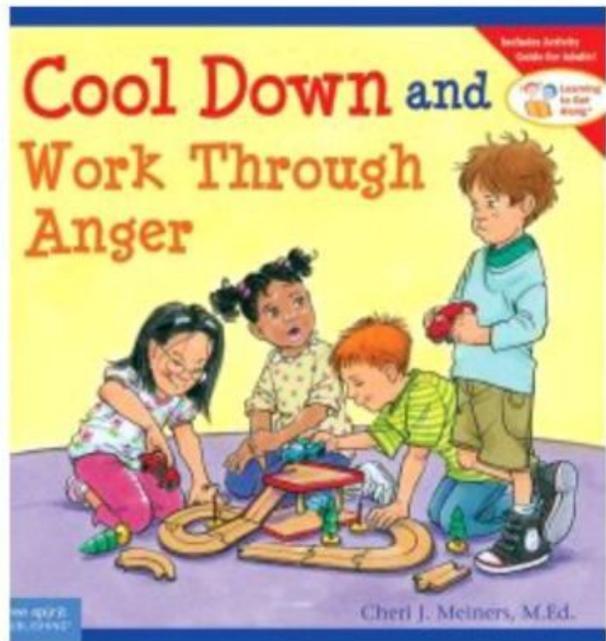
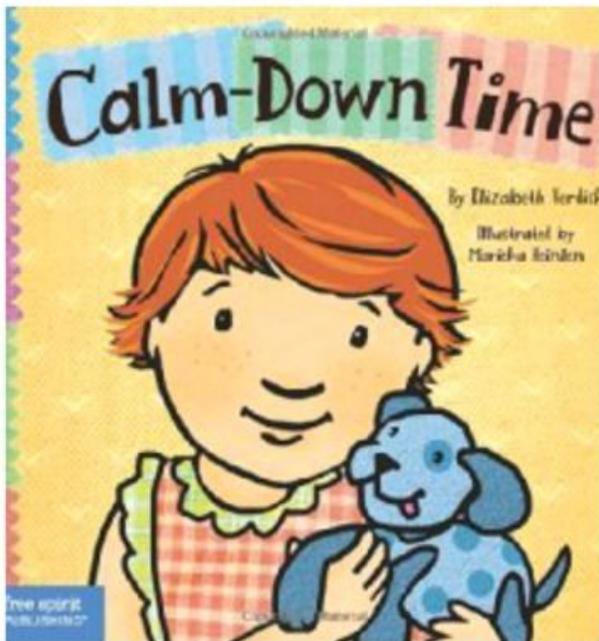
It’s exactly those moments that we may feel like our words fail us – I know sometimes I search for the right thing to say and it escapes me. It is also exactly at those moments when our children need us the most – to be able to lead them through the emotion, through the storm – to be their emotion-coach. Our words to our kids when they are upset can either break them down or build them up. These phrases will build your child’s emotional intelligence and are soul-building phrases.

Emotion Coaching Phrases for Parents: click link below

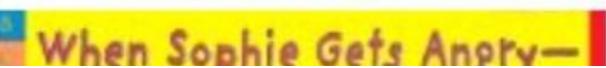
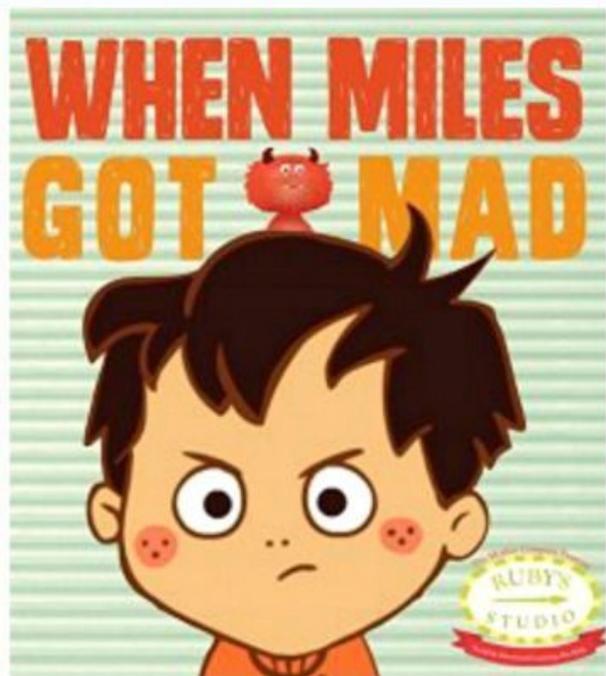
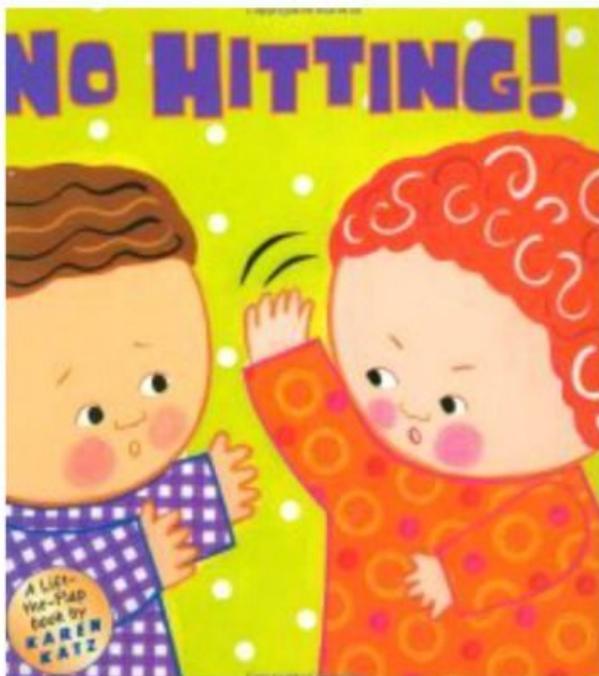
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**Social Emotional Learning (SEL)** Lessons in December will continue to focus on Emotion Management, Feeling Identification, Zones of Regulation, and Regulation Techniques.

Books to Address Strong Feelings in Children:

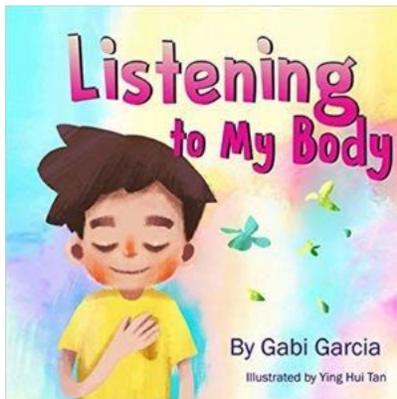


# Books That Help Kids Manage Anger



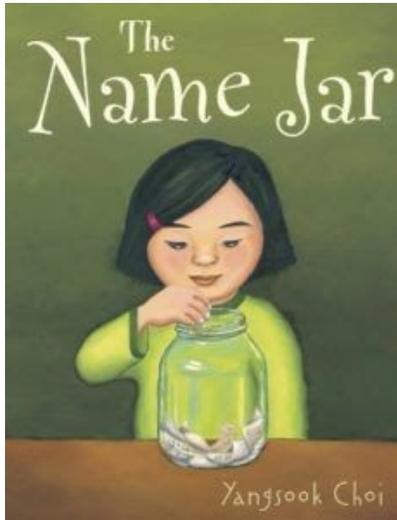
## ELEMENTARY CHILDREN'S BOOKS ABOUT EMOTIONS

As our children grow, so do their anxieties and frustrations. We start expecting more out of them and often forget that they're still small. They might not be waking up in the middle of the night anymore, and diapers might be a distant memory, but there is still a lot of uncharted territory when it comes to helping them manage their bodies and their emotions.



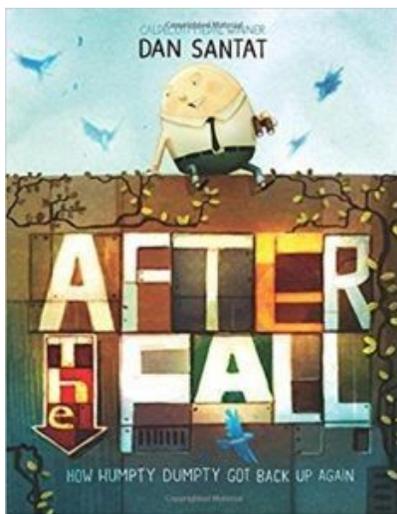
[LISTENING TO MY BODY BY GABI GARCIA](#)

*Listening to My Body* is an early mindfulness book. It teaches children to sit down and name their feelings. This helps build their capacity to be mindful, to self regulate, and to develop their emotional resilience. All of Gabi Garcia's books are incredible. I would recommend them all in this list, but this book is a good starting point.



### THE NAME JAR BY YANGSOOK CHOI

*The Name Jar* is about Unhei, a Korean girl in a new school. Rather than telling everyone how to pronounce her name, she asks her classmates to make a name up for her. As she tries out her new names, she realizes that her name has a special significance that she shouldn't have to give up. This book reminds us to embrace who we really are, even when that seems different from everyone else.



### AFTER THE FALL BY DAN SANTAT

This is the story of how Humpty Dumpty learned how to get back up again. After we fall, getting back up can be scary. We watch Humpty recover outwardly but suffer from still being afraid. It's a lovely book about how

trauma, healing, and emotional resiliency. Things happen, but we will never learn to fly if we can't let ourselves heal.

### *WHAT TO DO WHEN YOU'RE FEELING BLUE* BY ANDI CANN

This sweet little book helps children identify the difference between feeling sad and happy, and gives them an opportunity to talk about it as well as offering some lovely self care tips to help them cope with the feelings.

#### SEL Resources for Families

<https://casel.org/parent-resources/>

<https://confidentparentsconfidentkids.org/>

<https://confidentparentsconfidentkids.org/parent-resources/family-emotional-safety-plan/>

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