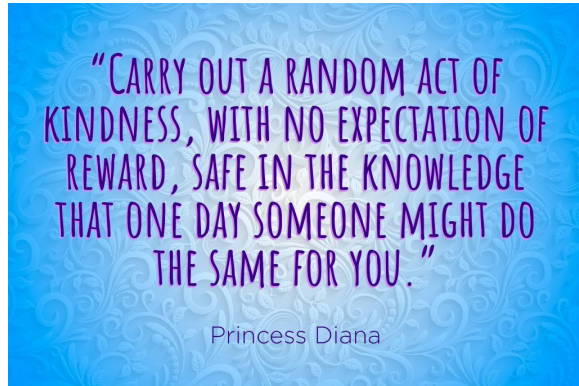


School Counselor's Corner

February 2021



In January we celebrated the Week of The Great Kindness Challenge. During SEL lessons students created Valentine's for the Troops as their Great Act of Kindness. These cards have been mailed and Active Duty Troops will receive them by Valentine's Day. Here are some pictures from the activity.



Second Step Lessons

January's SEL lessons focused on Emotion Management. Students will continue to learn steps to calm down when handling strong emotions ranging from disappointment to embarrassment, anxiety and anger.

During February we will be continuing with the Second Step SEL curriculum!

[Lost for words? How reading can teach children empathy | Teacher Network | The Guardian](#)

The article “Lost for words? How reading can teach children empathy” by Miranda MacKearney and Sarah Mears brings up a fascinating idea, we can teach our children about empathy through reading stories. The teachers at school are always asking for parents to read at home with their kids. If parents choose books that are a teaching tool then students are not only practicing school related learning skills such as reading and comprehension, but they are learning to analyze others and learn how different people experience life. The article talks about how books help teach students a vocabulary for feelings and can improve upon expressing themselves. One tip that the authors provide is to pick the correct books. If you are unsure of what books you would like to read, ask our librarian here at school. She can point you in the right direction with her vast knowledge of children's books. To learn more about this article please refer to the webpage link above.

Books about Anger

Finn Throws a Fit
The Grouchies
Steps and Stones
When Sophie Gets Angry - Really, Really Angry
Zach Gets Frustrated

Books about Anxiety

Please Explain Anxiety to Me!
Scardies Away!
What to Do When You Worry Too Much
David and the Worry Beast
Is a Worry Worrying You?
A Boy and A Bear
Don't Panic, Annika!
Wemberly Worried
Wilma Jean The Worrying Machine
When My Worries Get Too Big
The Kissing Hand
Something Might Happen
Just in Case
Scaredy Squirrel

Books about Problem Solving

Arthur's Eyes by Brown
But It's Not My Fault by Cook
A Chair for My Mother by Williams
The Doorbell Rang by Hutchins
I Did It, I'm Sorry by Buehner
I Have a Little Problem, Said the Bear by Janisch
It Wasn't My Fault by Lester
Ladybug Girl and Bumblebee Boy by Davis & Soman
Prudy's Problem and How She Solved It by Armstrong-Ellis
Stuck by Jeffers
Swimmy by Lionni
Talk and Work It Out by Meiners
What to Do With a Problem? by Yamada & Besom

Problem Solving with Children

Notice, label, and provide praise when children attempt problem solving: Be on the lookout for times when children use problem-solving skills to address minor daily stressors, e.g. finding an alternative when their favorite breakfast cereal isn't available. Help them become aware of this process by labeling the problem they encountered and naming and praising the steps and skills they used to try to solve it.

“ I love how you solved that problem! Your favorite cereal was all gone and you were REALLY disappointed but you looked through the other options and chose oatmeal instead. That was a great solution!”

Children's problem orientation can have a strong impact on their motivation and ability to engage in focused attempts to solve more stressful problems. Bringing awareness to their problem-solving abilities by labeling and praising their attempts to address minor stressors can help them develop the belief that problems are solvable and develop confidence in their ability to solve them.

Random Acts of Kindness Day is Wednesday February 17th 2021

**[Click below for link to all
resources.](#)**

Random Acts of Kindness | Random Acts of Kindness Day 2021



We need each other more than ever right now! This month let's focus on reaching out to connect with others and doing our best to be a good friend. Our acts of kindness and connection ripple out and impact so many more people than we realise - and they also boost our own happy hormones too! In stressful times people around us may be feeling the strain, so let's try to keep calm, take time to listen and show compassion.

**February 11, 2021 is
National Make a Friend Day**

**Friendship holidays allow us a
moment to go ahead and
celebrate the family we
Choose!**

Enjoy your February!

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