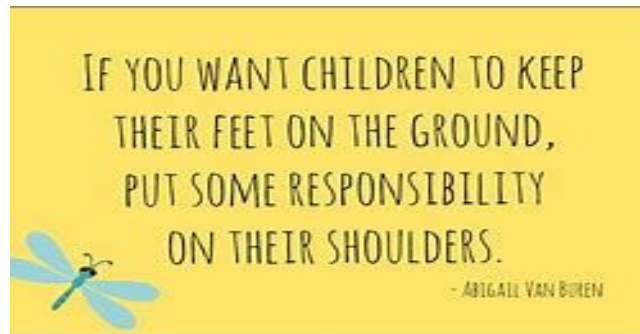


School Counselors Corner

November 2020

Character Education Word of the Month

Responsibility



Can you believe it is already November? It feels like the school year just began! I have definitely been enjoying the school year so far, and I hope all of you feel the same. Throughout October students learned about Anti-Bullying/Empathy and Respect. We celebrated the Week of Respect in early October which emphasized having respect and empathy towards others. Also, it promotes tolerance and acceptance of individual differences. It's never too early to provide students and staff with tools to prevent bullying, both in school and in the community.

Social Emotional Learning (SEL) Lessons in November will focus on Emotion Management, Feeling Identification, Managing Strong Feelings, Calming Down Strategies, and Learning Coping Skills.

Also, during the month of November, I want to challenge all Hamburg families to focus on the virtue of **RESPONSIBILITY**. Responsibility means others can trust you to do things that you say you will do.. You accept accountability for your actions. When you make a mistake, you offer amends instead of excuses. Responsibility is the ability to make thoughtful choices.

Try delegating responsibilities to your children at home. Assign a job. Be sure to create a clear picture of your expectations for a successful outcome. For example, the dog is fed by 5 pm every day. The dog's bowl is clean before going to bed. Work with your child to create a reminder system so you don't have to do that. For example, a sign on their bathroom mirror.



Questions to ask your child after school instead of asking “How was your day?”

What is one problem you solved today? How did you solve it?

What was the funniest thing that happened today?

What was the nicest thing you did for someone else?

Who made you smile today?

What new face did you see today?

What challenged you today?

What would you rate your day on a scale of 1 to 10? Why?

Who do you want to make friends with but haven't yet? Why not?

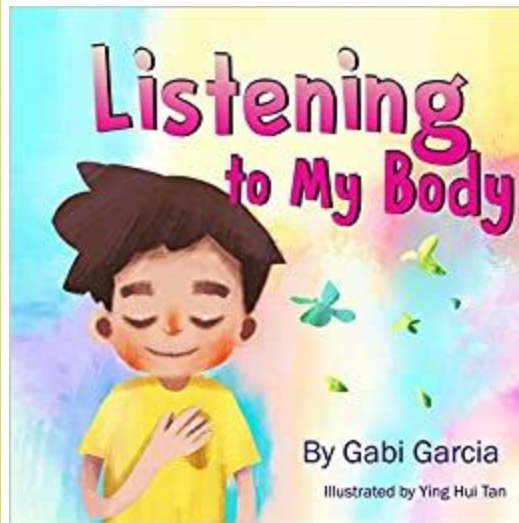
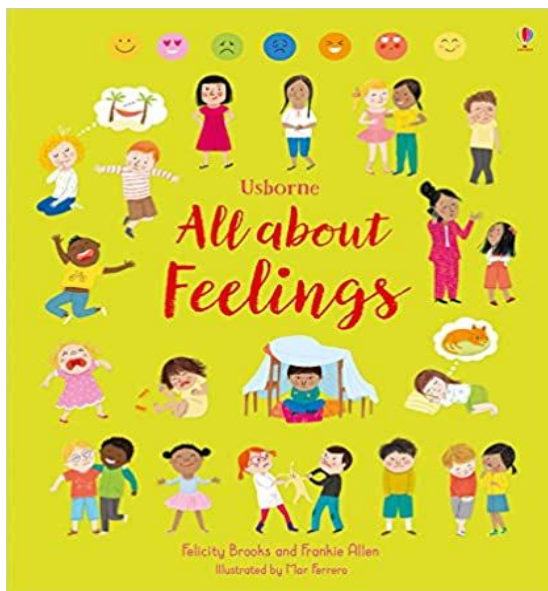
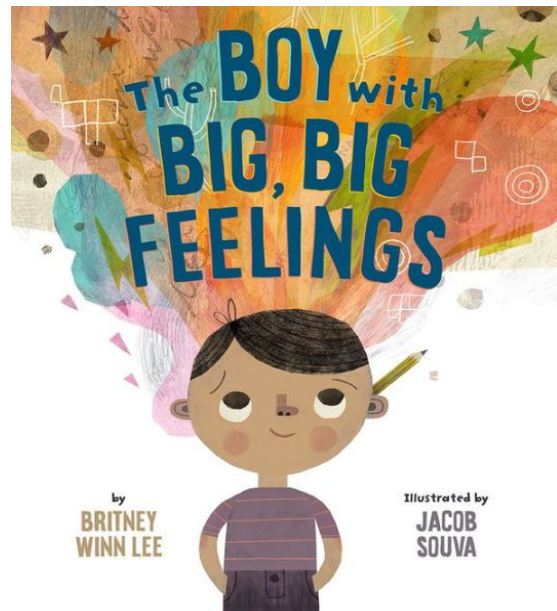
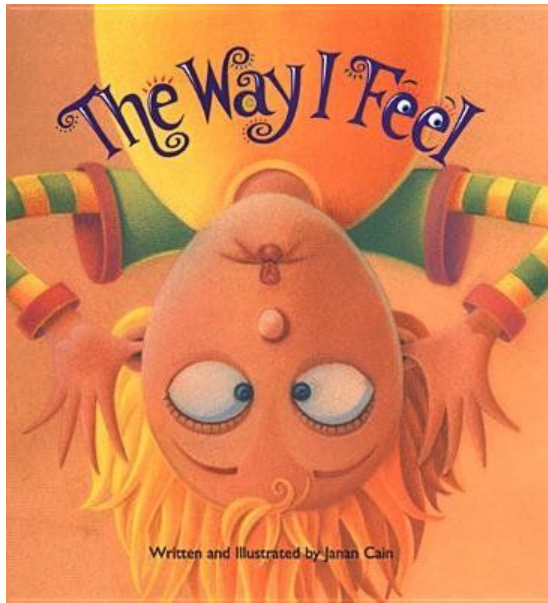
Tell me something you learned about a friend today.

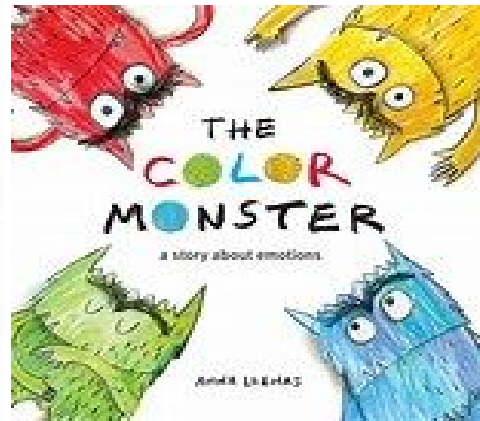
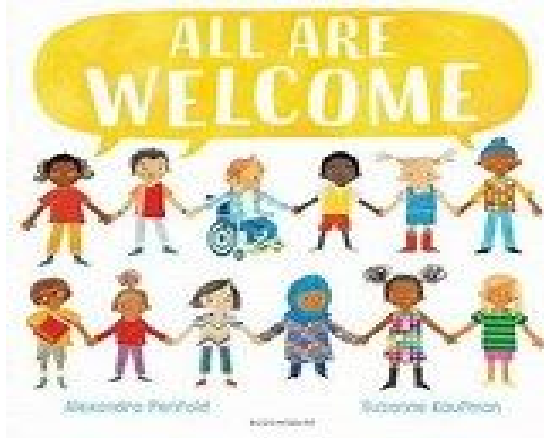
What is one thing you did today that was helpful?

Promoting Positive Identity in Youth

- Dwell on what children do right instead of what they do wrong
- Avoid comparing young people with each other
- Let youth know you are proud of their talents, capabilities, and discoveries
- Listen when young people talk about their sense of purpose in life
- Ask young people what they are passionate about

Recommended Books for Emotion Management for Young Children:





MANAGING BIG EMOTIONS SERIES

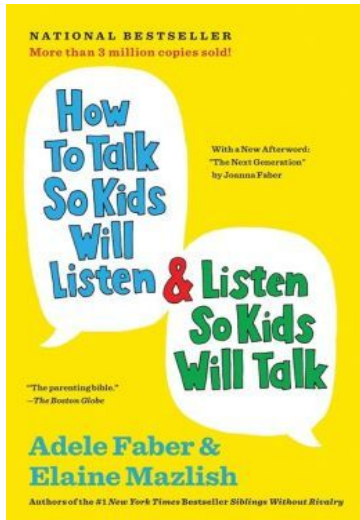


Awesome
Books About Emotions

Parent Book Highlight

How to Talk So Kids Will Listen & Listen So Kids Will Talk

by Adele Faber and Elaine Mazlish.



The book shows how to:

- Listen and understand your child's concerns.
- Have cooperation-without nagging.
- Help your child deal with feelings.
- Help your child attain a positive self-image.

Many times, we jump to giving advice when our child shares a problem. For example, if a child complains, "Alice wouldn't play with me today." Instead of: "There are lots of other kids you can play with. How about Sammy. He's a nice boy." (Advise) Try: "You must have been so disappointed! He's your best friend." (Identifying emotions) "Yea, but it was okay, Taylor came over and asked me to play with her." (Feeling accepted, he continues) The caution with advice is it sends a message that you believe they're not capable of solving problems. If you help your child identify feelings, it helps them come up with a solution or at least it keeps the conversation open.



ACTION CALENDAR - FOR FAMILIES



30 actions to help parents look after themselves and their families in challenging times. Please use and share

1 Go on a smile collecting mission, starting with a smile in the mirror	2 Choose one song each and arrange a family dance off	3 Send someone a message to show you really appreciate them	4 Take turns to notice 3 things around you that are beautiful	5 Be kind to yourself and others	6 Together, make a list of things you are grateful for	7 Think of a goal to work towards and do one thing to get started
8 Take a mindful walk together and notice what you see hear and smell	9 Play Musical Statues	10 Create a bedtime routine together to help with sleep	11 Bake cupcakes and decorate them as gifts for each other	12 Cross your arms and give yourself a hug	13 Take turns to share a happy memory	14 Find out about the values and traditions of another culture
15 Do something together to support a local charity	16 Create a collage of things that make you feel happy	17 Before bedtime, share what has gone well during the day	18 Introduce a family 'Daily Pause' to be calm together	19 Create a family wishes jar and take steps to make them happen	20 Learn a new skill together as a family	21 Create a kindness box to keep a record of kind actions
22 'Surpriserise' yourself. Find unexpected ways to move your body	23 Make a rainbow salad	24 Smile and say something positive every time you walk into a room	25 Create a poster highlighting everybody's strengths	26 Notice the shapes, colours and smells of a new family meal	27 Make a list of things that have helped you cope with difficult times	28 Tell someone you love how much they mean to you and why
29 Do something good for the environment	30 Hold an awards ceremony to celebrate acts of kindness	 "A person's a person, no matter how small" - Dr Seuss				

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living at www.actionforhappiness.org/10-keys

Keep Calm · Stay Wise · Be Kind

[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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