

SCHOOL COUNSELING NEWS



= important dates

Feb. 1st-3rd: Ms. Filtress out of the building (Please see administration if you have an emergency)

Great Kindness Challenge
Jan 23-27

Random Acts of Kindness Day
Feb 17

love and logic tip

Source: <https://www.loveandlogic.com/>

Love and Logic's One-Sentence Intervention was developed to help teachers who are dedicated to building better relationships with their students, especially students who present behavioral challenges. This intervention is based upon research demonstrating that improved behavior in students can be linked to the quality of the connection between the student and the teacher.

Here are the basic steps for this technique:

- * Identify the student's strengths and interests.
 - * List six brief statements you can use to notice these strengths and interests. For example, "I noticed that you like to dance-I noticed that."
 - * Approach the student, smile, and use the statement identified at least two times a week for at least three weeks.
 - * Listen to the student if he/she wants to talk about their strength or interest.
- This technique should be used at times and places that will not cause embarrassment for the student, and it should not be used when the student is upset. Save it for calm times.



what are we learning about in counseling class?



In K, we are learning about making good behavior choices! Use this PAWS ppt lesson or video to follow up.

In 1st, we are learning about how to solve our conflicts in a peaceful way. Use this PPT or watch this video as a class to continue the learning.

In 2nd we are learning about empathy. Use this PPT lesson or watch this video together as a class to the discussion going.

In 3rd, we are learning about how people change- including ourselves. Follow up with this PPT lesson or by watching this short video.

In 4th we are continuing to learn about being mindful. Head into the new year with a growth mindset by using this lesson or watching this video.

In 5th grade, we are also learning how to resolve conflicts with an I message. Use this PPT or watch this video as a class to continue the learning.

see something,
say something

