

COUNSELING CORNER

MAY: RESILIENCE



LIBRARY LESSON:

This month, students will learn about resilience, or the ability to “bounce back” from hard situations. Students will watch a video that uses a “weeble wobble” toy to demonstrate what bouncing back looks like. 3rd and 5th graders will then read the book, “The Hugging Tree: A Story About Resilience” by Jill Neimark. They will end their lesson by brainstorming who is in their “circle of support” (i.e., people they can turn to for support when they are struggling). K-2nd graders will read the book, “Bounce Back: A Book About Resilience” by Cheri Meiners. They will then engage in a coloring project that will help them brainstorm what things help them stay positive.

RESILIENCE AT HOME:

Are you looking for ways to help your child learn resilience at home? Consider trying out these ideas:

- Foster connections.** When children are going through challenges, they need people in their support system to help them. Foster your relationship with your child so they know they can turn to you when they need it.
- Nurture positivity.** When life seems grim, help your child brainstorm what is positive in their life. What are their personal skills/strengths, or what do they like to do that makes their life enjoyable?
- Teach self-care.** Help your child make more time to eat properly, exercise, and get sufficient sleep. Make sure your child has time to have fun, and participate in activities they enjoy.



CLASSROOM LESSON:

In the second week of the month, I will be teaching your students about self-care. The title of my lesson is, “Create Happiness: Take a S.E.L.F.I.E.” Students will learn that this acronym stands for: sleep, exercise, light, fun, interact, and eat well. We will discuss how each of these things can increase our level of happiness when we include them in our lives. 3rd and 5th graders will also learn how these activities can increase the brain chemicals of Somatotropin, Melatonin, Endorphins, Serotonin, Oxytocin, and Dopamine to influence our happiness levels. At the end of the lesson, students will set goals for how to increase their happiness!

RECESS ACTIVITIES:

May 16th: Take a selfie with your friends at recess! Students will only be allowed to take pictures home if they are in the photo.

May 25th: Freeze Dance!

BOTVIN LESSONS:

4th graders will continue to receive Botvin Life Skills Lessons this month. As a reminder, these lessons are being taught district-wide in an effort to prevent future substance abuse in our students. This month, students will learn about social skills (such as refusing peer pressure) and being assertive (we’ll discuss “I messages” as a way to communicate our needs to others).