

COUNSELING CORNER

NOVEMBER: SELF-CONTROL



LIBRARY LESSON: SELF-CONTROL

During the first week of the month, students will receive a lesson about practicing self-control. Students will learn that self-control means to have control over our actions and our words. We will then read the book, “Clark the Shark”, in which a young shark learns to practice self-control at school. Students in 2-3rd grade will also explore coping strategies they can try when they're feeling out of control. 4-5th graders will play a game to identify situations over which they have complete control (e.g., being kind) and situations in which they have no control (e.g., another person's actions).

RECESS ACTIVITIES:

On Tuesday, November 9th, students can choose to practice self-control by playing with skip-its. This takes a lot of coordination!

On Monday, November 22nd, students will have the chance to practice self-control by playing freeze dance (a crowd favorite!)

SELF-CONTROL AT HOME:

•**Play games with young children to help them practice self-control.** Some simple options include red light-green light, freeze dance, and even the “quiet game”. All these games help children practice controlling their bodies and their voices.

•**Remove distractions.** Does your child struggle to get their homework done? Learning to stay focused and avoid distractions can be difficult. Help your child remove toys or electronics from their study environment.

•**Let them take breaks.** Research suggests that self-control wanes over time. Giving children a break between demanding tasks can help them increase their self-control.

CLASSROOM LESSON:

In the third week of the month, 1-5th grade students will receive a lesson about the roles/responsibilities of a school counselor. This lesson was missed by most students in September due to my baby being born early! Kindergarteners (who have already received the counselor role lesson) will learn how to identify the emotions happy, angry, surprised, and shy. We will then do an Autumn-themed coloring activity to reinforce what they learned.



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