

COUNSELING CORNER

OCTOBER: INITIATIVE/GROWTH MINDSET



LIBRARY LESSON: INITIATIVE

During the first week of the month, students will receive a social/emotional lesson focused on the character trait “initiative”. Students will learn that initiative means to “do good things without being told”. We will then read the book, “The Dog Poop Initiative”, in which a young boy learns to clean up a mess without someone telling him to do so. We will discuss ways in which students can show initiative at school and at home.

Visit my website:

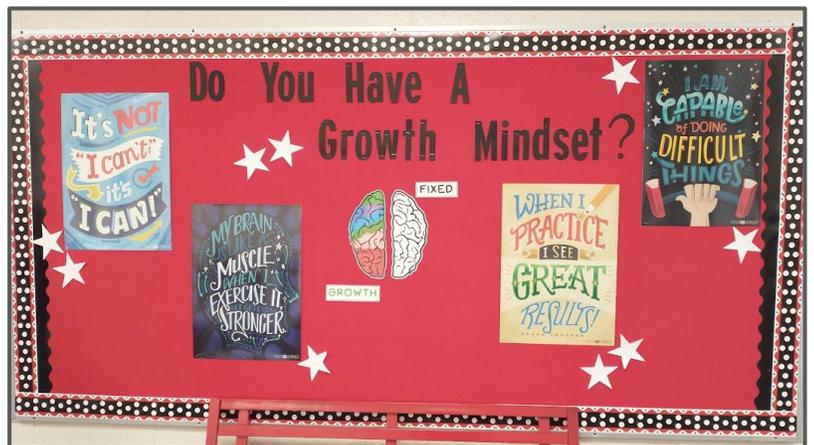
<https://bloomingtonschoolcounselor.weebly.com/>

ENCOURAGING INITIATIVE/ GROWTH MINDSET AT HOME:

- Model it.** Especially for younger children, making the connection between seeing something that needs to be done and taking action can be difficult. Telling your child how you are taking initiative makes this more concrete.
- Let them do it.** It’s often easier (and faster!) to do a job ourselves. If your child comes to you with a problem, help them brainstorm ideas of how solve it and then let them do it themselves.
- Praise effort.** Even if the job wasn’t done perfectly, praise your child for trying. Help them gain confidence that they can take action and be effective on their own.

CLASSROOM LESSON: GROWTH MINDSET

In the third week of the month, students will receive a lesson on developing a “growth mindset”. All students will learn that having a growth mindset means, “We get better when we keep trying”. Younger students (K-3) will read the book “After the Fall”, in which humpty dumpty is eventually able to reach his goal of climbing a wall because he keeps trying. Older students (3-5) Will read the book “Abracadabra: The Magic of Trying”. In this story, the main character, owl, starts off with a fixed mindset. He is eventually able to reach his goal of flying by changing to a growth mindset and not giving up.



Contact me:

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I'M OUT FOR MATERNITY LEAVE!

I will be absent from school until November. If you have a pressing need, please contact me via email. Student lunchroom nominations and recess activities will be suspended until I return. The peace corner in the front office is still open for student use, and pre-recorded classroom lessons will be presented to students this month.