Counselor Lessons this month:
During December, iDesign counselor lessons will focus on the following topics surrounding Emotion Management:
★ K: Feelings
★ 1st: Labeling Feelings
★ 2nd: Comparing our Feelings
★ 3rd: Strength of Feelings
★ 4th: Rethinking
★ 5th: Strong Emotions

Coping Strategy of the Month:
Learn the Hot Cocoa Breath

CALM DOWN COCOA
smell the hot cocoa
1 2 3 4 5
blow to cool the cocoa
1 2 3 4 5
repeat until you feel calm

Did you know that giving is contagious? It also promotes better health, happiness, and strengthens social bonds!

Second Step:
During our Second Step weekly lessons this month, students will learn how to:
1. Identify Different Feelings: Developing self-awareness of our feelings and practicing expressing feelings in expected ways
2. Manage Big Emotions: Identifying and practicing healthy coping skills. (i.e. asking for help, deep breathing, taking breaks)
3. Recognize Others Emotions in Similar Situations: Different people have different feelings in the same situation based on their experiences.

Books you can read at home together that talk about BIG feelings: The Color Monster, The Boy With Big Big Feelings, In My Heart, The Feelings Book

Thank you to our PV community for their generous support of local families!