Counselor’s Corner
Karley Weidner, School Counselor  November 2021

Counselor Lessons this month:
During November and 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:
Practice identifying one thing you were grateful for each day at dinner

Small Group Update:
Students are learning about Emotion Management each Monday with our school-wide SEL curriculum, Second Step. Students will focus on identifying feelings, coping with big emotions, and increasing awareness of others’ feelings. As an extension to these lessons your student may be invited to participate in a small counseling group to practice these skills. More information about this will be sent home with your student if they are invited to participate.

Last month Students also completed Review 360, a social-emotional screener. If your student was identified as elevated or extremely elevated you will receive communication from the School Counselor or Prevention Specialist. Your child may also have the opportunity to participate in a small group.

Four ways to teach your child gratitude this holiday season:
1. **Role model gratitude and teach your kids to think gratefully:** Encouraging him/her to consider the benefits they get from others’ kindness and gestures, and what those acts cost the giver.

2. **Be present and empathetic with your child:** Spending time together is always important but the trick is being fully present and providing empathy and understanding as needed.

3. **Encourage autonomy:** Practice giving them some independence in some areas of their life and they will start to appreciate the support you offer when they need it most.

4. **Give them a hand in lending helping hands:** Role model opportunities to help others, they will follow suite

Did you know that kids who regularly express gratitude for positive things in their life are shown to be happier?

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