



Counselor Connection

Monthly Newsletter for Parents and Families
Volume 6.



FUN FILLED FEBRUARY!



February was a busy month! I was able to visit students in fourth, third, and first grade! Students in third grade learned about the importance of having a "growth mindset" by reading a story called Bubble Gum Brain written by Julia Cook. Children with a growth mindset understand that talents and abilities can be developed through effort, good teaching, and persistence and that everyone can get better and smarter if they work for it. The best way to teach children to develop a growth mindset is to model having one yourself! (See the third page of this newsletter for tips on growing a child's mindset!)

Fourth graders explored many different career options that may be of interest to them! Career exploration is very important and it is never too early to discuss options for the future. Many students find it hard to identify what they want to do when they grow up. Students learned that it is helpful to think about 3 things when trying to determine a career choice. Those three things are Passions, Skills, and Goals. When we think about things we enjoy doing, things we truly love, things we are good at, and the goals we want to accomplish in life, it becomes easier to find a career that would be a good fit!

Students took a fun career interest inventory! They were able to see which career cluster they scored highest in. They then had the opportunity to look through an online booklet that listed different careers that fell into that particular career cluster. This booklet can be found on your child's google classroom. I encourage you to ask your child what color they scored highest in and review some of the careers listed in the packet! This was a fun way for students to explore a career cluster that might be of interest to them. Below are the colors of the career clusters!

Purple: Communication Arts
Green: Agricultural Sciences
Yellow: Business Services
Orange: Technical Sciences
Blue: Human Services
Red: Health Sciences



In first grade we read a story and played a guessing game to reveal helpers in our community! Police officers, firefighters, doctors, bakers, construction workers, farmers, teachers, news reporters, etc. are all community helpers that have important jobs! I encourage you to have a conversation with your child about community helpers and what they do on a typical day. The more our children learn about careers that are available to them, the easier it will be for them to find a career path that they truly love and enjoy!

CHARACTER COUNTS!

During the month of March, we will be learning about Perseverance. Learning happens best when it is done both at school and at home. Below are some ways that you can help your child continue to learn about the importance of never giving up!



Read Together!

The Dot by Peter Reynolds
The Curious Garden by Peter Brown
A Little SPOT of Perseverance: A story about not giving up by Diane Alber
Flight School by Lita Judge
The Most Magnificent Thing by Ashley Spires
Brave Irene by William Steig



Talk it out!

What do you think perseverance means and why is it important?
Tell me about a time when it was hard to get through a challenge. How did you feel after?
What are some things that are challenging for you? How do you push through?
What goals do you have? What might be a challenge you face along the way? What will happen if you don't give up?

Perseverance activities to do at home!

As a family, watch the video below about a llama who does everything he can to reach his goal! Then together, answer the discussion questions below:



https://www.youtube.com/watch?v=SkVqJ1SGeL0&feature=emb_logo



What challenges did the llama face?
How did the llama persevere toward his goal?
What feelings do you think he experienced while chasing the fruit?
How does it feel when you face challenges when you're working toward a goal?
What kind of things can you say to yourself to help you persevere toward a goal?

Review with your child some simple things they can say to themselves to build themselves up if they are experiencing difficulties reaching a goal. Some examples are "I can do this!" "It might be hard, but if I keep trying, I'll get there." "I have the skills to succeed!" "I just can't do it YET."

Remind them of some simple strategies they can use when they are facing a challenge. They can take a break to regroup, take deep breaths, count to ten, talk to someone, reflect and analyze strategies being used, etc.

ARE YOU UP FOR A CHALLENGE?

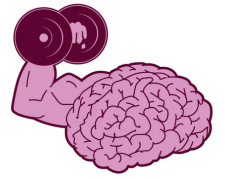
All you need is a plastic cup and 10 of some small item. For example, you can use mini marshmallows, chocolate chips, or pennies. Have two family members stand across from each other. One family member will hold the plastic cup and the other will hold the 10 items. Whoever has the 10 mini items will underhand toss them, one at a time, to the partner with the cup. The goal is for the person holding the cup, to catch all 10 mini items without dropping any. If you have a bigger space to use and want the challenge to be even tougher, have family members take one step back after catching each mini item!
Have fun and remember don't give up!!



TIPS FOR GROWING A CHILD'S MINDSET!

• GREAT MINDS MAKE GREAT MISTAKES!

Help your child understand that it is necessary to make mistakes. Mistakes are learning opportunities! Mistakes help us grow! When children feel comfortable making mistakes, they feel free to figure out what does and does not work. They also become more brave to try new things!



• AVOID BLAMING!

If we blame others for the mistakes we make, we lose an opportunity to learn. Teach your child to take ownership for the mistakes they make and to talk about them. Model this for your child by taking responsibility for the mistakes you make and talking about those mistakes as a family.

• THERE IS MORE THAN ONE WAY TO SOLVE A PROBLEM!

When you are faced with a problem, there are many different ways to solve it. Various problems and tasks require different strategies. Encourage your child to think "outside the box" when they are faced with a challenge. When brainstorming strategies, ask open-ended questions! This will help your child look at the situation they are in from a different perspective!

• DON'T SOLVE THE PROBLEM FOR THEM!

It is usually easier to tell your child how to solve a problem. However, we want our children to learn how to problem solve. Rather than giving your child the answer, ask those open ended questions. For example: "What is another way that might work to solve the problem?" When we ask questions, it will stretch the child's brain into thinking about problems differently. It will also help build confidence because they will realize they are capable of finding solutions on their own.

• TEACH YOUR CHILD THE POWER OF YET!

Adding the word yet into your vocabulary reiterates that despite challenges you may face, you can overcome them! It's only a matter of time and effort. Replace "I can't do this" with "I can't do this, YET!"

BOOKS FOR CHILDREN ON GROWTH MINDSET:



Your Fantastic Elastic Brain: Stretch It, Shape It by JoAnn Deak
The Book of Mistakes by Corinna Luyken
I Can't Do That, Yet by Esther Cordova
The Girl Who Never Made Mistakes by Gary Rubinstein and Mark Pett

