



Counselor Connection

Monthly Newsletter for Parents and Families
Volume 7.



WELCOME BACK!



I hope you and your family had a fun and relaxing spring break! It was much deserved! We were so fortunate to have beautiful weather! I hope you had a chance to get outside and enjoy it!



Before break, March was a busy month!



Bucket Filling Club wanted to highlight a few projects they worked on! The character trait our students learned about during the month of March

was Perseverance. Students in Bucket Filling Club thought it would be fun for each classroom to receive a perseverance "challenge". Since we were going to be celebrating spring break, they thought it would be a good idea to put the challenge inside a plastic egg! They came up with some really great challenges for our classrooms to participate in. For example, one challenge was the balloon pass. Students had to stand in a circle holding two pencils. The goal was to pass the balloon around the circle without popping it, dropping it, or touching it! They could only pass it using pencils. We thought it would be a fun way for students to understand what it really feels like to persevere through an activity!

We also had an "Egg Hunt". Students decorated pictures of eggs and displayed them throughout the school. On each egg was a mission of the day! For example: give 3 compliments, say thank you to someone for all they do, sit with someone new at lunch, help out with a chore at home, etc. There were a total of 10 for students to find. Students enjoyed finding them in the hallways and completing the simple missions written on each egg!

Lastly, Bucket Filling Council wanted to create a video on Perseverance.

They thought this would be the perfect character trait for a video, seeing that this past year we have all persevered through all kinds of challenges.

Bucket Filling Club also wanted students to really understand what it means to persevere.

They were so excited to share the video they created and I could not be more proud of their hard work. This video was shared with all classroom teachers, and posted on the Royalton-Hartland Facebook page. Mrs. VanSlyke posted it on class dojo as well. If you haven't had a chance to see it, click the link below to hear the Perseverance messages!

A huge shout out goes to Dan Mault for all of his help with putting the video together!



[Perseverance Video!](#)



CHARACTER COUNTS!

During the month of April, we will be learning about Empathy.

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 trying to put yourself in someone else's shoes!



Read Together!

Those Shoes by Maribeth Boelts
You, Me and Empathy by Jayneen Sanders
One by Kathryn Otoshi
Stand in My Shoes by Bob Sornson
I Am Human by Susan Verde
What's Wrong with Timmy? by Maria Shriver
Hey, Little Ant by Hannah and Phillip Hoose

Put yourself in
THEIR
shoes



Talk it out!

What does empathy mean and why is it important?

Tell me about a time someone was empathetic to you and how it made you feel.

Tell me about a time you showed empathy to someone else.

How can you tell how someone might be feeling?

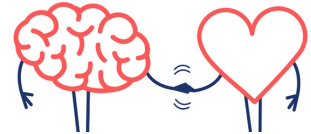
How can you figure out what they might need or want?

What would the world be like if more people took the time to try and understand how someone else is feeling?

Practice Empathy at Home!

When you are watching a tv show, movie, or even reading a book together, ask your child how they think the characters are feeling and what they might need in that situation. Have them brainstorm what they could say or do to help that person. What could they say or do to show they care/understand?

EMPATHY IS SO IMPORTANT!



Empathy is the ability to notice, understand, and share the emotions of others. Empathy helps us understand someone else's perspective, understand each others' emotions, show compassion, and develop positive relationships.

Below are some strategies to help children understand and build empathy:

- **Read stories together:** When you are reading, ask questions like, How do you think they feel right now? Why do they feel that way? What might they be thinking? How would you feel if you were in their shoes?
- **Teach "being in someone else's shoes."** Come up with simple situations and encourage your child to think about how they might feel. Then, have your child think about how someone else might feel in particular situations. This is an extremely important part of empathy because how we feel might not be how someone else might feel. This is something that takes practice! Some examples of simple situations to use are: your friend's dog is sick and has to go to the veterinarian or your friend didn't make the baseball team and you did, or someone laughs at a student in class because they got an answer wrong.
- **Identify emotions in pictures:** Find photos of your own or even pictures from magazines, or online and have your child look through them. Encourage them to identify how each person in the photos might be feeling and what they may be thinking.
- **Talk about emotions and encourage using I-Messages:** Teach your child how to use an I-Message to share their emotions with others. The formula for an I-Message is I feel ____ when you ____ because ____ I want _____. For example) I feel mad when you don't let me play with you because I feel left out. I want to be able to play with you next time. Model using I-Statements and use this as an opportunity to discuss the meaning of different emotions. Encourage your child to use an I-statement to express themselves in a positive way!
- **Use optical illusions to teach perspective-taking!** Optical illusions are a fun and easy way to teach perspective-taking because they show children that we all think differently and see things differently at times! Show an optical illusion and have everyone in your family write down what they see. Share as a family and you will realize that you don't all see the same thing. It's a fantastic way to start the discussion on perspective-taking.

Below is a flyer with information about the Parent Presentation the Child Advocacy Center is hosting regarding Erin's Law this month!

**The Child Advocacy Center at
Best Self presents:**

**5 STEPS YOU CAN TAKE TO
PROTECT YOUR CHILD FROM
SEXUAL ABUSE**

- Step 1: Learn the facts**
- Step 2: Recognize the signs**
- Step 3: Talk about it**
- Step 4: Respond responsibly**
- Step 5: Advocate and take action**

**Presentation for Parents & Guardians
of students at
Royalton-Hartland Elementary School**

When? April 20, 2021 at 6:00pm

Google Meet:

<https://meet.google.com/amr-wzri-yrk>

We hope you join us!