



Counselor Connection

Monthly Newsletter for Parents and Families
Volume 8.



I hope everyone is enjoying this beautiful weather we are having!

May was a very busy month and June will be just as busy! In May, I visited kindergarten and first grade classrooms. In Kindergarten we learned about coping skills! We talked about what coping skills are and that we need to find a coping skill that works for us when we are feeling frustrated, sad, mad, etc. We also talked about how everyone is different. One person may like to read a book to calm down, while someone else may prefer to go for a walk, and someone else might like to take deep breaths! We have to find a strategy that works for us.

We also met "Betti Spaghetti". She taught us a fun coping strategy called "Spaghetti Body" to help ourselves feel more relaxed when we are stressed. Ask your child about this strategy and practice it together! A worksheet was sent home explaining what to do!

Calm Down Strategies for Kids



In first grade we learned about the difference between a "little deal" and a "big deal". We read a story called Rocky Rails that taught us the difference between the two! Students did a great job identifying if a problem was a little deal or big deal in our story! We discussed the importance of not letting a little deal ruin your whole day! Students were told to stop and think the next time they experience a problem, and ask themselves is this a little deal or big deal? If it's a little deal, they can move on with their day, let it go, ignore it, etc.

Is this a

BIG

or

small

problem?

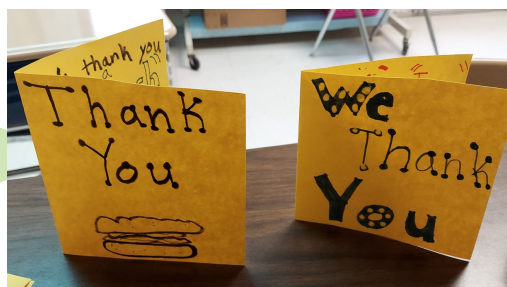
A problem is considered a little deal if it is something you can solve yourself, no one is hurt or in danger, whatever happened was an accident. You can keep doing what you need to do, without needing an adult.

A problem is considered a big deal if someone is hurt or in danger, you already tried to handle the problem yourself but it didn't get solved, there is an emergency of some kind or you need help from an adult to solve the problem immediately.

A worksheet was sent home for students to work on! They had to cross out the little deal problems and color the pictures showing big deal problems.

THANK YOU CUSTODIANS AND CAFETERIA STAFF!

Bucket Filling Club wanted to show their appreciation for the custodians and cafeteria staff! They made some thank you cards for them and we purchased bags of chips, cosmic brownies, and lemonade for them to snack on! We truly appreciate everything they do for our school as well as what everyone has done this school year! This year has not been easy for anyone but we all persevered through it!



CHARACTER COUNTS!

In April, the character trait we focused on was Empathy. Bucket Filling Council wanted to teach students in our building what empathy meant as well as get students thinking about how others might be feeling in certain situations. Students in the Bucket Filling Council made a video and could not be more excited to share it with you! They acted out amazing role plays to help students understand Empathy as well as practice "putting themselves in someone else's shoes". To watch the video, click [here](#)!



During the month of May, we learned about **Fairness**!

Below are some books that you can read with your child on this character trait.

It's Mine by Leo Lionni

It's Not Fair! by Amy Krouse Rosenthal

Big Red Lollipop by Rukhsana Khan

The Little Red Hen by Paul Galdone

The Sandbox by Don Rowe



Practice Fairness at home!

Tell your child that you are going to have a race. Choose a starting line and a finish line. Once you get to the starting line, tell him or her that you get to take 5 steps forward because you are the adult. Then race and talk about whether or not it was a fair race. Talk about how that situation made your child feel.

The Fair Egg Experiment

Materials needed: Clear drinking glass filled with one cup of water, fresh egg, $\frac{1}{4}$ cup of salt, and a tablespoon!



Carefully place the egg in a glass of water. Tell your child that the egg represents someone who is not being treated fairly. The egg sinking to the bottom represents how someone who is left out or mistreated would feel (they might feel sad, unloved, unappreciated, etc). Remove the egg from the water and set it aside. Next, add salt to the water, one tablespoon at a time. Stir in each spoonful and explain that the salt represents different ways they can show fairness towards someone. Ask your child to give examples of showing fairness such as following the rules, taking turns, sharing, or taking action to help someone who isn't being treated fairly, etc) After you have added all of the salt, put the egg back in the water. It will now float! Explain that the egg is now being supported by others and being treated with kindness. The egg is being "held-up" by the fairness and acceptance of others!



Exciting news!

Earlier in May, I got married! Which means I have a new name! My new name is Mrs. Owczarczak. It is a tough one. Good thing it is summer time and everyone will have some time to practice. You pronounce it "OH-CHAR-CHECK". It will take time for everyone to get used to it! Students surprisingly have done a very nice job trying to pronounce it!

CHARACTER COUNTS!

During the month of June, we will be learning about Citizenship. 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 being a good citizen!



Read Together!

What If Everybody Did That? by Ellen Javernick
Who Will I Be? by Abby Huntsman
What Can A Citizen Do? by Dave Eggers and Shawn Harris
The Mitten Tree by Candace Christiansen
Woodrow for President by Peter Barnes
Super Manny Cleans Up by Kelly DiPucchio



Talk it out!

What do you think citizenship means and why is it important?
Tell me about someone who is a good citizen. What makes them a good citizen?
What is something you could do to be a better citizen at school, at home, or in your neighborhood?
What do you think our school and community would be like if people were not good citizens? What if they did not obey rules and respect one another?

Practice Citizenship at Home!

Make a citizen chain! All you need are strips of paper! Have each family member draw or write a good citizen action on strips of paper. When everyone is finished, staple the links together and form a "citizen chain" to display in your home. Explain that in a community we are all connected and must work together to make it a great place to live!



Bucket Filling Council Citizenship Project:

If your child is in Kindergarten we are asking that he or she draw a picture of the flag! If your child is in 1st - 4th grade, we are asking that they draw a picture or write a few sentences about one of the following:

What does America mean to you?
What does the flag represent?
What does freedom mean to you?

If your child decides to write a few sentences, please make sure they write big enough for someone to read, if they were to hold the paper in front of them. Your child's teacher will choose a few students from their class to have their work shown in Bucket Filling Council's Citizenship video!

All pictures or sentences are due to your child's teacher by June 10th!

Please let me know if you have any questions.

**Wishing you and your family a fun-filled, safe, relaxing summer!
See you in September!!**

