



School Counselor Newsletter



Check out these books about feelings and friends!

[Today I Feel Silly](#) by Jamie Lee Curtis
[When Sophie Gets Angry](#) by Molly Bang
[Four Good Friends](#) by Margaret Hillert
[Friends](#) by Helme Heine
[Wemberly Worried](#) by Kevin Henkes

Try some of these activities to build emotional awareness and expression!

- *Write feeling words on a strip of paper, put them in a bag and play feeling charades!
- *Take pictures of your child making feeling faces and create your own feelings poster!
- *Ask your child about how they feel about their day! (Don't except "good" as an answer – have them pick a feeling word).
- *Use literature to learn – ask your child how they think characters in the books feel or have them make connections from the book to their own feelings.

What does guidance time look like?

To kick off guidance in all classrooms, we have reviewed what the role of the school counselor is, confidentiality, and how to have an awesome, successful year. During guidance, you might see students sitting at their desks or even on the floor depending on the activity for the day. There are many times in which the students will be interactive and engaging in cooperative learning groups.

For the next couple of months we will continue lessons on Personal/Social Development. Topics during this area might include exploring feelings and things that affect us, how to develop and think about positive self-concepts and self-esteem, how to be good friends within our school and community, problem solving strategies, and safety issues.

If you as parents have any specific need you would like to see covered in classroom guidance please contact me and we can discuss it. Also, please don't hesitate to utilize my counseling services if you child needs someone to talk to. I love working with our students and want them to have a positive experience here at T-A as well as develop into life-long learners reaching their full potential.

"We cannot hold a torch to light another's path without brightening our own."

-Ben Sweetland

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