

Counselor Connection

Connecting Parents to the Counselor's Classroom Lessons

The purpose of the Counselor Connection newsletter is to let you know what your children have been learning during classroom guidance each month. Guidance lessons are provided by the school counselor at least monthly in grades K-5 to promote positive social skills, behaviors, and choices.

Kindergarten

The Kindergarten has been very busy during this holiday season. This included a visit from Froggy and Rachel Rabbit. The lesson included a story and worksheet about always "doing your best".

1st Grade

In the 1st grade, students learned a kindness lesson alongside Howard B. Wigglebottom. Howard B. Wigglebottom learned that "giving" is the true meaning of the holiday season. Students practiced giving and receiving with a "gift exchange".

2nd Grade

This month the 2nd grade students were introduced to emotion regulation. We read a book called "Bombaloo". It tells the story of a little girl that makes poor decision when she is angry. The students learned about deep breathing and progressive muscle relaxation as way to calm their bodies when they are angry..

3rd Grade

In December, the 3rd grade students learned about healthy conflict resolution. We used 3 main ways to respond to conflict: like a turtle (hides in his shell), a bear (is aggressive) or a wise owl (finds solutions that works for everyone). We played "Skoot". Students were challenged to decide if resolutions were healthy.

4th Grade

This month students discussed and role-played healthy conflict resolution. Ask your student to describe the difference between a "turtle, bear and owl" response.

5th Grade

Students discussed and practiced healthy conflict resolution. They role-played several scenarios and worked with a partner to find a resolution that worked for both of them.

Contact Information

Please feel free to contact me with any concerns that you may have for your child.

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