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## **School Counselor News**

### **November 2007**

#### **Kindergarten**

After Thanksgiving, I will begin Friendship Groups with the Kindergarteners. Small groups of four or five children will be invited to my office to play, share and get to know each other better. We will be using sand, Playdough, board games, and other toys to practice sharing, helping, taking turns, respect and many of those other friendship skills we learned about in our classroom lessons.

#### **3<sup>rd</sup> Grade**

I will be doing classroom lessons with third graders on the topics of race and diversity. We will be learning about tolerance and the celebration of our similarities and differences. We will be doing some whole group activities, reading stories, as well as some individual reflection.

#### **4<sup>th</sup> Grade**

In fourth grade I am starting a unit on the six Character Traits adopted by the South Portland School District. They are: respect, fairness, honesty, courage, compassion, and responsibility. I will be reading from a book titled "If You Had To Choose, What Would You Do? Students will be providing their ideas and choices based on one or more of the character traits. Be sure to ask your fourth grader to define some of these character traits.

#### **5<sup>th</sup> Grade**

The fifth graders will be working on Bullying Prevention with me. We'll start with a bullying survey and analyze the data to come up with ways to make Small School a safe school for everyone, everyday. The fifth graders will be rappin' about bullying, role playing, and making posters. We will also have a visitor come speak about Cyber-Bullying and being safe on the computer.

#### **ADAPTIVE LIFE SKILLS CLASS**

I recently finished a unit on Anger Management in the Adaptive Life Skills room. We learned many strategies for handling our anger appropriately. Several students shared and taught us strategies and exercises that help them through difficult times. We learned that play, exercise, relaxing in bean bag chairs, deep breathing, and talking about our feelings are all safe ways to take care of our anger.

As always, I plan on inviting each student to have lunch in my room sometime during our school year. I will also be starting some specialized therapeutic groups soon. If you have any questions, concerns, or comments, please feel free to contact me.

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