

## **School Counselor News** **September/October 2007**

### **Kindergarten**

The Kindergarteners learned the many different things a school counselor does in a day. Each class also had an opportunity to come into my office/playroom and play with all the toys. For the next four weeks we will be learning about friendships. Some of the topics include how to make friends, what to look for in a friend, how to keep friends, and how to solve disagreements with our friends. We will share puppet shows, Playdough, and sand to explore the different aspects of friendships in Kindergarten.

### **1<sup>st</sup> Grade**

First graders also had an opportunity to play with their classmates in my office/playroom. We will be learning about feelings; naming different feelings, appropriate ways to express them, and even how to recognize how others are feeling. One popular activity will be "The Wheel of Feelings" where students brainstorm the feelings listed on the wheel, then take turns spinning and acting out those feelings.

### **2<sup>nd</sup> Grade**

Second graders were very eager to come and play in my office. Many of the students pointed out new additions to the playroom. For the next four weeks we will explore some of the difficulties of maintaining friendships and helping each other come up with real solutions to real problems. We will be practicing our new skills with puppets that we make.

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

I will be doing a few 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 as well as some individual reflection.

### **4<sup>th</sup> and 5<sup>th</sup> Grades**

I will begin guidance classes with the fourth and fifth grades starting next trimester. I did have the opportunity to visit each class and review our Small School Behavior Rubric. Specifically, we discussed the consequences for gossip and rumor spreading, and sexual harassment. We also brainstormed ways to stop or prevent these hurtful behaviors. As expected, all four classes did an excellent job coming up with ways to be safe, make healthy choices, and help fellow classmates.

### **ADAPTIVE LIFE SKILLS CLASS**

The Adaptive Life Skills Class enthusiastically explored my office/playroom. They also had an opportunity to each lunch in my office. Together we will be working on social skills through lessons and play. We alternate lessons in their room and mine. The time in my room is used for trying out new social skills with friends.

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 Friendship Groups soon. If you have any questions, concerns, or comments, please feel free to contact me.

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