

# Counselor's Corner Mrs. Miller

*January 2021 - Nautilus Elementary*

## Upcoming Events & Reminders

- January 18th - No School Martin Luther King, Jr. Day
- January 28th - Parent Workshop Helping Children Manage Emotions via Zoom
- Early Release - every Wednesday at 1:00 pm
- The best way to contact me is via email: [Marti.Miller@lhusd.org](mailto:Marti.Miller@lhusd.org)
- You can reach me by phone by calling the Smoketree Office at 928-505-6020 Tue./Wed./Thur. Or Nautilus Office at 928-505-6060 on Mon./Fri. and ask to transfer to me.



## Kindness

Recognizing and accepting differences is a first step toward kindness. Everyone's story is important and should be honored. We can help children understand kindness by modeling acts of kindness ourselves. Talking about differences and encouraging children to ask questions is essential to developing an understanding of kindness.

Choosing kind words makes everyone feel welcome and recognized. The Toolbox Project curriculum includes the Using Our Words Tool. From Toolbox, "Careful use of words encourages understanding, connection and intimacy. Careless or offensive words harm relationships. Conflict resolution, a learned skill, requires practice, practice, practice."

If you would like to learn more about Toolbox and how you can use it at home, please join us on January 28th for a parent workshop via Zoom. See the next page for details.

# **Workshop for Parents of Elementary Children**

**Presented by the elementary counselors of the  
Lake Havasu Unified School District**

**Helping Children Manage Emotions Using Toolbox**

Please join elementary counselors Marti Miller, Susie Martin and Sara Chandler as they share how you can use the Toolbox curriculum with your children at home. This curriculum was purchased by the Lake Havasu Unified School District to meet the Arizona social and emotional competencies for students in kindergarten through sixth grade. It is based on 12 tools that anyone can use to improve managing emotions and social relationships.

**January 28th, 2021**

**5:30 - 6:30 p.m.**

**Please use the link below to attend via Zoom.**

<https://zoom.us/j/94815396678?pwd=aGhHcjdBaFBuQ2kyeTJ0TWtjclU5UT09>

Meeting ID: 948 1539 6678

Passcode: 3wyn11

# The 12 Tools

Tools for Learning • Tools for Life



## Breathing Tool

*I calm myself and check in.*



## Listening Tool

*I listen with my ears, eyes, and heart.*



## Personal Space Tool

*I have a right to my space. You have a right to yours.*



## Garbage Can Tool

*I let the little things go.*



## Please & Thank You Tool

*I treat others with kindness and appreciation.*



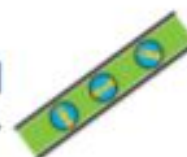
## Patience Tool

*I am strong enough to wait.*



## Quiet/Safe Place Tool

*I remember my quiet/safe place.*



## Empathy Tool

*I care for myself. I care for others.*



## Using Our Words Tool

*I use the "right" words, in the "right" way, at the "right" time, for the "right" reason.*



## Taking Time Tool

*I take time-in and time-away.*



## Apology & Forgiveness Tool

*I admit my mistakes and work to forgive yours.*



## Courage Tool

*I have the courage to do the "right" thing.*



**TOOLBOX PROJECT**  
TOOLS FOR LEARNING • TOOLS FOR LIFE