

Counselor's Corner

Miss Martin, Starline Elementary
December 2020

Upcoming Events

- December 17th
End of the first semester
- December 18th
No School for Students
- Dec. 21 to Jan. 1
No School - Winter Break

Early Release is on
Wednesdays.

Reminders

The best way to contact me
is via email:
Susan.Martin@lhusd.org

You can reach me by phone
by calling the Starline Office
at 928-505-1490 and asking
for extension 3448.

Friendships

Friendships in childhood are an important part of social and emotional growth and learning. In some cases, people remain friends from childhood well into adulthood.

Helping children understand friendship and how to make friends can be difficult, but they can learn a lot by watching others. Children can also learn skills to use when socializing.

The Lake Havasu Unified School District has adopted the Toolbox Curriculum. It's a research-based, community-tested kindergarten through sixth grade social and emotional learning (SEL) program that builds and strengthens children's inherent capacity for resilience, self-mastery and empathy for self and others through its curricula, methods, and strategies.

The following pages contain more information about the Toolbox Curriculum.



TOOLBOX Teaches Children to:

- *Realize their innate goodness and intrinsic wholeness*
- *Belong and contribute their uniqueness*
- *Achieve emotional balance and emotional intelligence (in 3-5 seconds)*
- *Be proactive rather than reactive*
- *Organize and understand their internal experiences (self-knowing)*
- *Care for themselves and experience empathy for others*
- *Understand and make sense of what is going on around them*
- *Find their voice and speak up*
- *Listen to their inner voice non-judgmentally and make fair self-assessments*
- *Let the little things go*
- *Use time wisely*
- *Be grateful and give thanks from a place of authenticity*
- *Be forgiving when it is time*
- *Apologize when aware of harming others*
- *Understand the value and intelligence of patience*
- *Be courageous when others are not using their Tools*



The 12 Tools

Tools for Learning • Tools for Life



Breathing Tool

I calm myself and check in.

Quiet/Safe Place Tool

I remember my quiet/safe place.

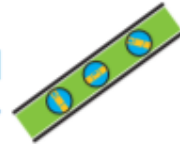


Listening Tool

I listen with my ears, eyes, and heart.

Empathy Tool

I care for myself. I care for others.



Personal Space Tool

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

Using Our Words Tool

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



Garbage Can Tool

I let the little things go.

Taking Time Tool

I take time-in and time-away.



Please & Thank You Tool

I treat others with kindness and appreciation.

Apology & Forgiveness Tool

I admit my mistakes and work to forgive yours.



Patience Tool

I am strong enough to wait.

Courage Tool

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



TOOLBOX PROJECT™
TOOLS FOR LEARNING • TOOLS FOR LIFE