

# Counselor's Corner

Miss Martin, Starline Elementary  
February 2021

## Upcoming Events

- February 15th  
No School  
President's Day

Early Release is on  
Wednesdays.

## Reminders

The best way to contact me is via email:  
[Susan.Martin@lhusd.org](mailto:Susan.Martin@lhusd.org)  
You can reach me by phone by calling the Starline Office at 928-505-1490 and asking for extension 3448.

## Celebrating Uniqueness

Many things influence how we identify ourselves. Reggie Joiner suggests all the following are included: past experiences, significant relationships, personal interests, spiritual beliefs, personality traits, physical characteristics and natural talents.

We can help children understand the idea of uniqueness through our comments and actions. Helping children discover their strengths is important for development. If a child seems to have great logical thinking skills, use encouraging words like, "I noticed how you thought through the solution to that game," rather than, "You're so smart!" Provide opportunities for your child to experience different activities so they can find things they love to do.

Exposing children to different cultures by trying different restaurants and viewing documentaries can help them to learn about other cultures. Sharing your family stories can help children understand their unique family history.



# **Workshop for Parents of Elementary Children**

The LHUSD elementary counselors did a presentation using the Toolbox Curriculum for parents to use to help children manage emotions.

If you were unable to attend that live presentation, you can watch the recording by going to the Starline webpage > Counselor's Corner > Toolbox Curriculum > Parent Workshop - Helping Children Manage Emotions.

I've also added a link to a PDF explaining the 12 tools of the toolbox curriculum. It is located on the Starline webpage > Counselor's Corner > Toolbox Curriculum > The 12 Tools.

# 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.*

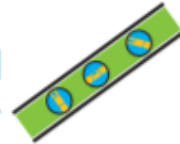
## Quiet/Safe Place Tool

*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