

Counselor's Corner - Mrs. Miller

March 2021 - Nautilus Elementary

Using Our Words

Tool: *"I ask for what I need."* Words are powerful and can be hurtful or helpful. Careful use of words encourages understanding, connection, and intimacy. This takes practice.

Personal Space

Tool: *"I have a right to my space and so do you."* This includes body position, gestures, voice tone, quality, and volume. It is important we teach our children to be aware of their surroundings and have respect for others.

**Spring Break & no school:
March 15th - 19th**

TOOLBOX Webinar for parents, guardians and community members. Please join the 3 elementary school counselors on Thursday, March 25th at 6:00 pm to learn the next 3 tools in our Toolbox: Empathy Tool, Personal Space Tool, and Using Our Words Tool.

Empathy Tool: *"I care for myself - I care for others."* Empathy is the root for tolerance, kindness, and forgiveness. Let's teach this tool to our children as caring for self and others is so important.

Workshop for Parents & Guardians of Elementary Children

(Part 2)

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.

March 25, 2021

6:00 - 7:00 p.m.

Please use the link below to attend via Zoom.

<https://us02web.zoom.us/j/89595870205?pwd=SjVjZnZNQVJnM01JUGZHU0QzUU4wUT09>

Meeting ID: 895 9587 0205

Passcode: Toolbox

Additional "Tools" for teaching our child self-regulation. Most children feel all the adults always tell them what to do. The list below reminds children they have a lot of control over their own thoughts, feelings, and behaviors. Check out the list below.

50 THINGS YOU CAN CONTROL

1. How you **respond** to challenges.
2. **Who** you ask for help.
3. **When** you ask for help.
4. Saying you need a **break**.
5. How you **act**.
6. How much **effort** you put forth.
7. Getting enough **sleep**.
8. Completing your **responsibilities**.
9. Using I-Statements.
10. **Saying what you need**.
11. How much **exercise** you do.
12. Setting your **boundaries**.
13. **Respecting** other people's boundaries.
14. When and if you **forgive** others.
15. How often you **smile**.
16. **Owning up** to your mistakes.
17. When you show **empathy**.
18. Whether or not you **accept yourself**.
19. What you **focus** on in this very moment.
20. Focusing on the **negatives or positives**.
21. What **goals** you create for yourself.
22. The kind of **attitude** you have.
23. **How you relate** to your feelings.
24. Whether you **help someone** out or not.
25. How you take care of & **treat your body**.
26. **Treating others** the way you want to be treated.
27. When you **listen** to others.
28. How **truthful** and honest you are.
29. When you talk about your **feelings**.
30. Expressing what you **hope for**.
31. How you **interpret** events.
32. When you **ignore** behavior that annoys you.
33. **Apologizing** when you make a mistake.
34. How you "talk" to yourself.
35. If and when you **try again**.
36. Treating others with **kindness**.
37. Treating yourself with kindness.
38. Saying **please** and **thank you**.
39. **Going outside** and enjoying the fresh air.
40. How **organized** or **clean** you are.
41. How you hold your body (like your **posture**).
42. **Reminding yourself that you are lovable**.
43. How you **show others you care** about them.
44. Whether you **"get back up"** after you "fall down."
45. When you practice **gratitude**.
46. Whether or not you **keep your word**.
47. What **coping strategies** you use.
48. Whether or not you **accept the situation**.
49. Using **mistakes as opportunities for learning**.
50. When you take **mindful breaths**.