

# Counselor's Corner - Mrs. Miller

## March 2022 - Smoketree Elementary

### School Calendar:

March 11th - early release & Parent Conferences

No school on: March 14th - March 18th for SPRING BREAK

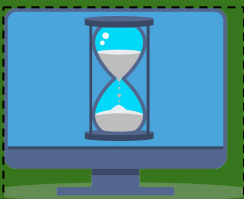


I teach the children the “Patience Tool” - which helps us to not only learn to wait quietly, but how to wait with a good attitude.



**March is a great month to use and practice the Patience Tool at school, at home, and in our community. Kids have to wait every day for so many things. Waiting in line, waiting to take a turn, waiting for lunch/dinner. Or waiting for bigger things, such as to reach their goals of getting better grades or improving in their reading.**

**We adults often have to wait too, so are we being a good role model and helping our children learn to wait well? What do we say/how do we adults act when we have to wait in line, wait on hold, wait to be helped in the customer service line, wait while driving? Let your kids hear and see how you are strong enough to wait, and wait well.**



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**There are so many things outside of our children's control. Kids are often told what to do, when to do it, and how to do it with little to no input. We adults often tell children to wait - BUT WAITING IS HARD!!!**

**Even us adults don't like waiting or being told to wait.**

How can we help our children learn to wait well and wait quietly?



Remind the children to use their Breathing Tool while waiting to keep their mind and body calm.



Remind the children to use their Quiet/Safe Place tool while waiting and give their mind something soothing to think about.



Remind the children to use their Taking Time Tool to go somewhere else and take time away/get a break until the item they want is ready.

It works better to help children use their Patience Tool when we give them something else to do with their time. The tag line is very important too: Remind the children: "THAT THEY ARE STRONG ENOUGH TO WAIT." It takes inner strength and self-control to wait well. I tell children they are the boss of their own bodies and they can control waiting quietly if they remember how strong they are.