

Counselor's Corner

Mrs. Miller for the month of: February 2023

The 12 Tools
Tools for Learning - Tools for Life

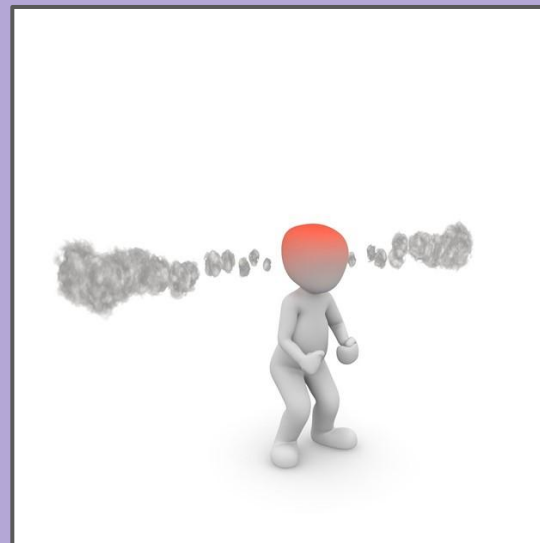


- Breathing Tool**
I calm myself and check in.
- Quiet/Safe Place Tool**
I remember my quiet/safe place.
- Listening Tool**
I listen with my ears, eyes, and heart.
- Empathy Tool**
I care for myself. I care for others.
- Personal Space Tool**
I have a right to my space. You have a right to yours.
- Using 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

© 2019 Mark A. Gidycz. All rights reserved. www.toolboxproject.com

During the month of January:
We talked about **ANGER**. This feeling is one of the emotions that leads to a lot of trouble for many of our students. When we don't manage anger well, it can get out of control and make the situation even worse.



Question: Is it okay to feel ANGRY?

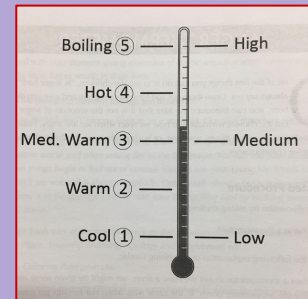
Yes, anger is a normal feeling that alerts us something does not feel right for us. Anger also is often NOT the primary feeling, but instead, underneath the anger is usually unaddressed *sadness, frustration, jealousy, anxiety/worry, scared, shame, guilt, hurt, disappointment, or embarrassment* to name a few. Often it is “easier” to feel and display anger than face the underlying feeling.

The kids are taught that it is okay to feel angry but what is vital, is what they then do with that anger. How does one react to it? If we don't use our tools, then that anger might explode like a volcano. Many of our tools can help keep anger under control.

Help your child use their tools when a big feeling starts to emerge. Empower them to make smart choices that help the situation and help them understand they can manage their anger.



So, just like a parent might give a child medicine to cool their fever, the kids can choose to use their tools to bring down that big, hot, intense feeling of anger.



National School Counseling week: February 6-10, 2023

The second week of February recognizes all the hard work and highlights what school counselors provide in a school setting: A typical week for me looks like the following:

- Be available to help all students be successful in a school setting
- Help with any crisis for student (or staff)
- Meet one-on-one with students
- Provide small group discussions
- Create classroom lessons for all 19 general education classrooms
- Create videos to teach the 12 Tools to all students
- Attend a variety of meetings to advocate for students
- Contact parents with concerns and/or provide community resources
- Conduct a multitude of checks-ins with various students to offer support
- Post weekly videos to Class Dojo to keep parents informed
- Compile discipline data to see what area we need to improve
- Participate in various committees to support our students

That is a short list of what activities keep me busy each week. But I could not do my job without the support of my principal, so many dedicated teachers, paraprofessionals, front office staff, interventionist of all types, custodians, community partners, and you parents. I love what I do and am so grateful to be a part of the Smoketree Elementary family serving your children.