

# Counselor's Corner - Mrs. Miller

## October 2021 - Smoketree Elementary

What do we do when people use hurtful words or name calling?

**"I can vividly remember certain times in my life when I have been deeply hurt, shamed, excluded, or violated by someone.**

**I clearly remember wanting the violators to understand the pain they caused, offer me a genuine apology, and hear them pledge to never do it to anyone else.**

**That happened once.**

**All the other times, there was either no resolution or no remorse. I walked away from the painful experiences feeling angry, conflicted, hopeless, and confused".**

Source: <https://www.handsfreemama.com/2016/11/15/an-empowering-way-to-respond-to-hurtful-people/>

I teach the students the Garbage Can Tool - tag line: "I let the little things go."

This tool is represented by a garbage or trash can as we often hear "junky" words or "trash talk." Often those negative words are not worth responding to - so learn to just throw it in the trash and let it go.



**Fall Break:  
October 4th - 8th. See  
you again on October  
11th.  
Rest, have fun,  
rejuvenate,  
and reset.**



Marti Miller:

[marti.miller@lhusd.org](mailto:marti.miller@lhusd.org)

Or 928-505-6020 ext. 3127

# How can we help our kids when words said by others hurt our feelings?

I remember vividly when attending elementary school and growing up with my siblings being teased and picked on. I wish I knew the Garbage Can Tool back then. Often my parents told me, “Just ignore them.” Well - don’t we all know how easy that is to say but so, so, so difficult to do.

Well, the Garbage Can Tool is something most kids can understand as we all throw trash away when we are done with something we find no longer useful, necessary, or needed. Mean words, name calling, yucky phrases directed towards us can instead be labeled as “junky words” or “trash talk.” Then remind our kids or ask them to tell you what we do with our trash, we throw it away and forget about it or “let it go.”



Click on the link below to take it even a step further on using those hurtful words as a teaching lesson for our children:

<https://www.handsfreemama.com/2016/11/15/an-empowering-way-to-respond-to-hurtful-people/>