

Counselor's Corner - Mrs. Miller

November 2021 - Smoketree Elementary

School Calendar:

No school on:
November 11th -
Veteran's Day

No school on:
November 24th, 25th,
& 26th - Thanksgiving
Break



Please & Thank You Tool

I treat others with kindness and appreciation.

I teach the children the "Please and Thank You Tool" which helps us not just use good manners, but show others we care by being kind and letting them know they are appreciated.



November is a great month to use our Please and Thank You Tool at school, at home, and in our community. Veteran's Day can be an example of showing our children how to thank and appreciate all the Veterans who have served and fought for our freedoms.

Thanksgiving is a time to reflect and be grateful and appreciative of all that is good in our lives. Be sure to show, by example, and share with your children what you are grateful for. Then ask them to share with you.



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Below is one fun idea on how to show appreciation and thankfulness.
It also is a great way to bring in the fall season and add color to any room in the house.

Gratitude Tree

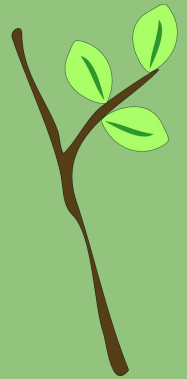


The **gratitude tree** is a great activity for children, and it can also be effective for adults who are open to experiencing a childlike sense of fun and wonder. You will need several double-sided colored sheets of paper, string or ribbon, scissors, twigs or tree branches, some stones or marbles, a vase, and a sense of gratitude.

Step 1: Make one or more leaf cutouts to use as a template for your leaves. Trace leaves on your colored paper.

Step 2: Cut out the leaves, punch a hole at the top of each leaf, and loop your string or ribbon through each hole.

Step 3: Put the stones or marbles in a vase and stick the tree branch or twig in the middle.



Step 4: Have your (or your child) draw or write things that you (or your child) are grateful for on the leaves. You can also use photographs if you'd like.

Step 5: Hang the leaves from the branches, and behold your gratitude tree!

This activity is easy and results in a pretty reminder of the things that bring you or your child joy throughout your daily life. It may be intended for kids but there is no age limit on finding creative ways to cultivate your gratitude, so get to drawing!

Link for Youtube video: <https://youtu.be/WcNoq8GL6tY>



For more ideas:: <https://positivepsychology.com/gratitude-exercises/>