



Counselor's Corner

Miss Martin, Starline Elementary

Upcoming Events

October 1, 2021 – Parent Teacher Conferences

October 4th – 8th
FALL BREAK

October 15, 2021
NO Tardy Picnic

October 19, 2021
Picture Retake Day

October 22 & 23rd
LHC Firefighter's Charity
Pumpkin Festival

October 28, 2021
Spirit Day: Rainbow Day

October 29, 2021
Spirit: Halloween Colors or
dress like a book character

October 31, 2021
Trick-or-Treat Movie Night
Aquatic Center 4-7pm

Reminders

School Resumes
October 11, 2021

Early Release Thursdays
– 1:00pm

TOOLBOX

Our Star blazers have learned the first 3 Power Tools: Breathing Tool, Quiet/Safe Place Tool, and Listening Tool. They understand how and when they can use these tools.

You can ask your student:

What tool would you use if you were scared?
Angry/upset? How can you show somebody
your listening with heart?

SELF-TALK

Helping our children with negative self-talk. Challenge your student to include a positive statement with each negative thought. See example on the handout below.

If you are interested in a book, you can check it out [HERE](#). *The Awfulizer: Learning to Overcome the Shame Game*

Contact

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Self Talk



Sometimes when we are frustrated or upset our mind goes to all the things about ourselves that we don't like. A strategy for this is changing our negative talk to positive and thinking of the great things that we CAN do. Let's practice below. Write some negative thoughts you have had and then remind yourself of the positives.

Negative Thoughts	Positive Reminders
<i>Example: I got in trouble in class so I am a "bad" kid.</i>	<i>Example: Today was a rough day but I usually help my teacher.</i>



SUNSHINE/RAINCLOUDS

Each family member names best & worst part of the day. This can take focus off the problem, help us learn our strengths, & cultivate gratitude.

A THERAPIST-APPROVED LIST OF FAMILY ACTIVITIES
THAT CAN HELP KIDS PROCESS COVID-19

By @lindsaybraman adapted from family therapy games by @bethanybylsmacounseling