

Family,

Your child participated in counseling group today! We discussed how counseling works, how counseling can be helpful, and rules involving confidentiality. We also developed some academic, interpersonal, and personal goals. Please keep the counselor up to date with any changes in the home that may be affecting your student.

A Team



Family,

In counseling group, students were encouraged to think of the various roles & responsibilities family members have in helping the family be more successful. Be sure to ask your child about whom he or she identified as your family's Coaches, MVP's, and Silent Stars! You might just be surprised!



The Juggler

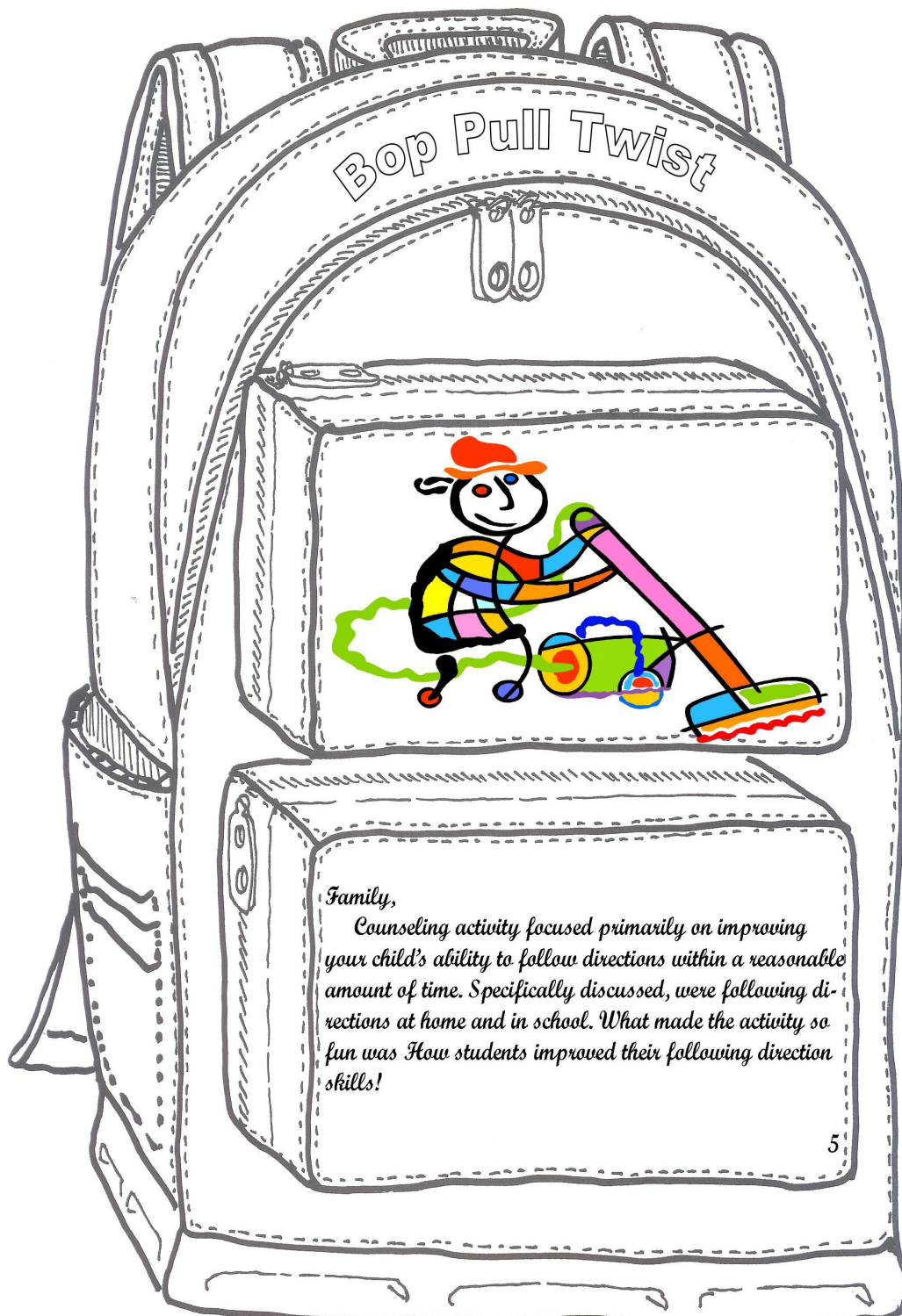
Family,

Your child began learning how to juggle today! Juggling busy schedules involving chores, homework, and athletic involvements were some of the challenges talked about in counseling. Ask your student about the skills he/she learned in managing their multiple responsibilities.



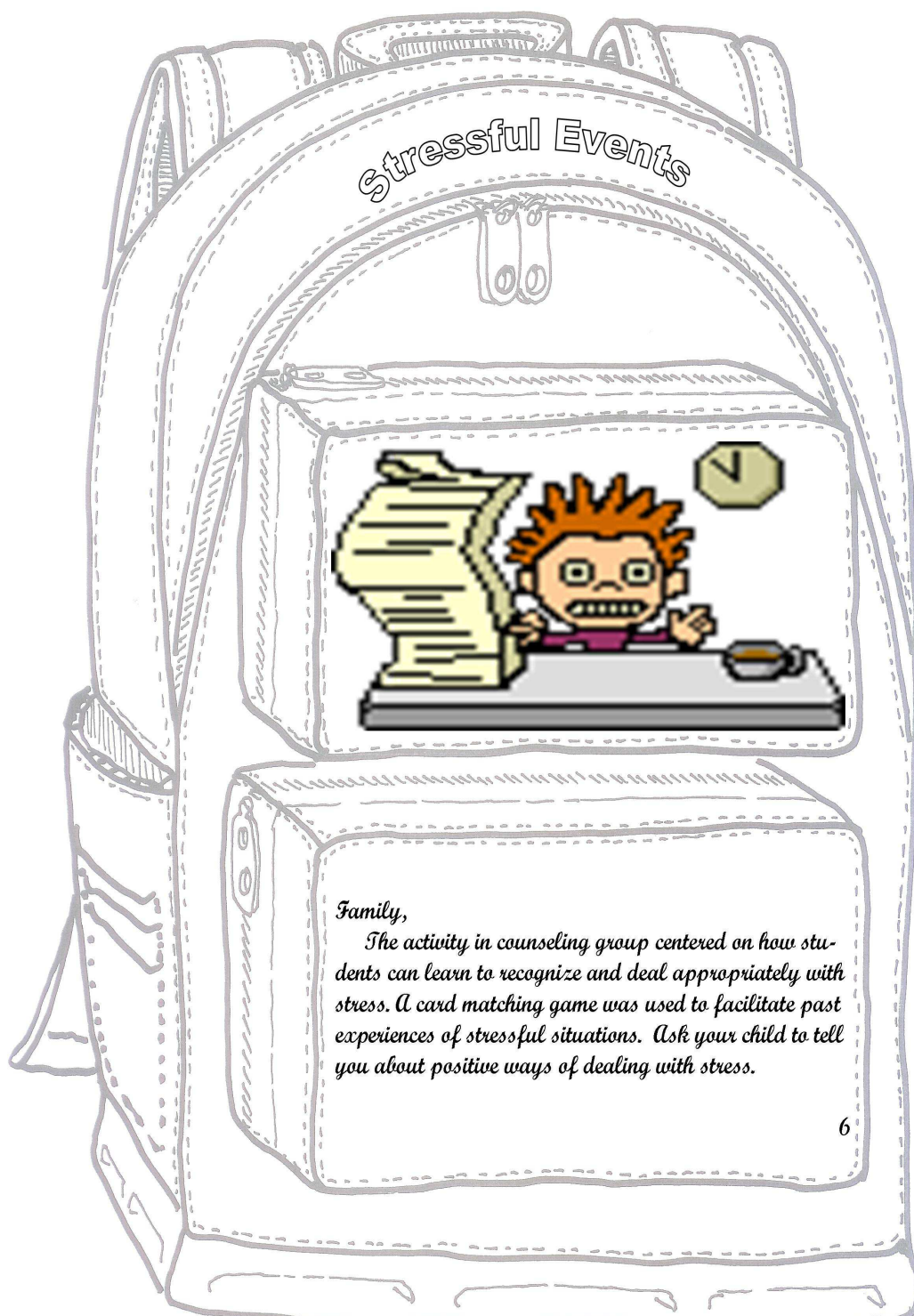
Family,

During counseling check-in, students had the opportunity to talk about family school, and friendships. The day's activity focused on learning how to recycle old ineffective behaviors into new productive ones. For example, "throwing a fit" was recycled into "staying calm and talking it over." Be sure to ask your child about their new study habits.



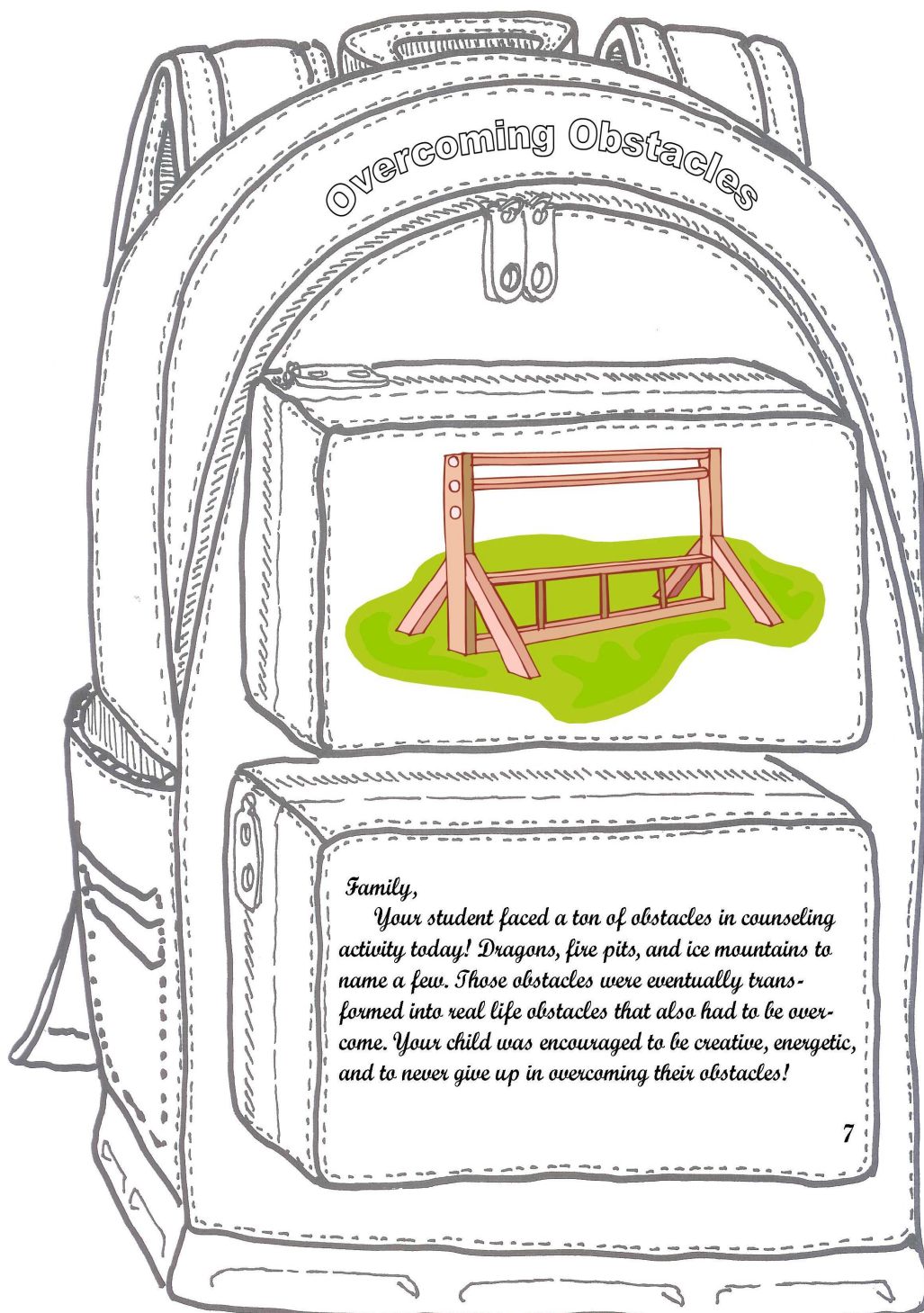
Family,

Counseling activity focused primarily on improving your child's ability to follow directions within a reasonable amount of time. Specifically discussed, were following directions at home and in school. What made the activity so fun was How students improved their following direction skills!

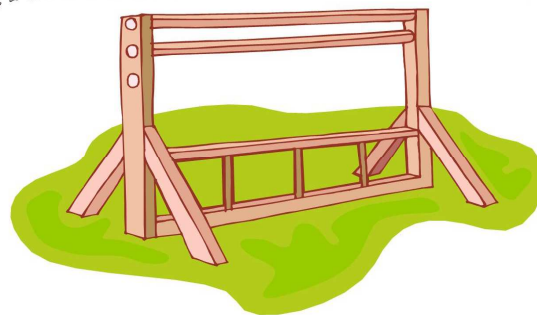


Family,

The activity in counseling group centered on how students can learn to recognize and deal appropriately with stress. A card matching game was used to facilitate past experiences of stressful situations. Ask your child to tell you about positive ways of dealing with stress.

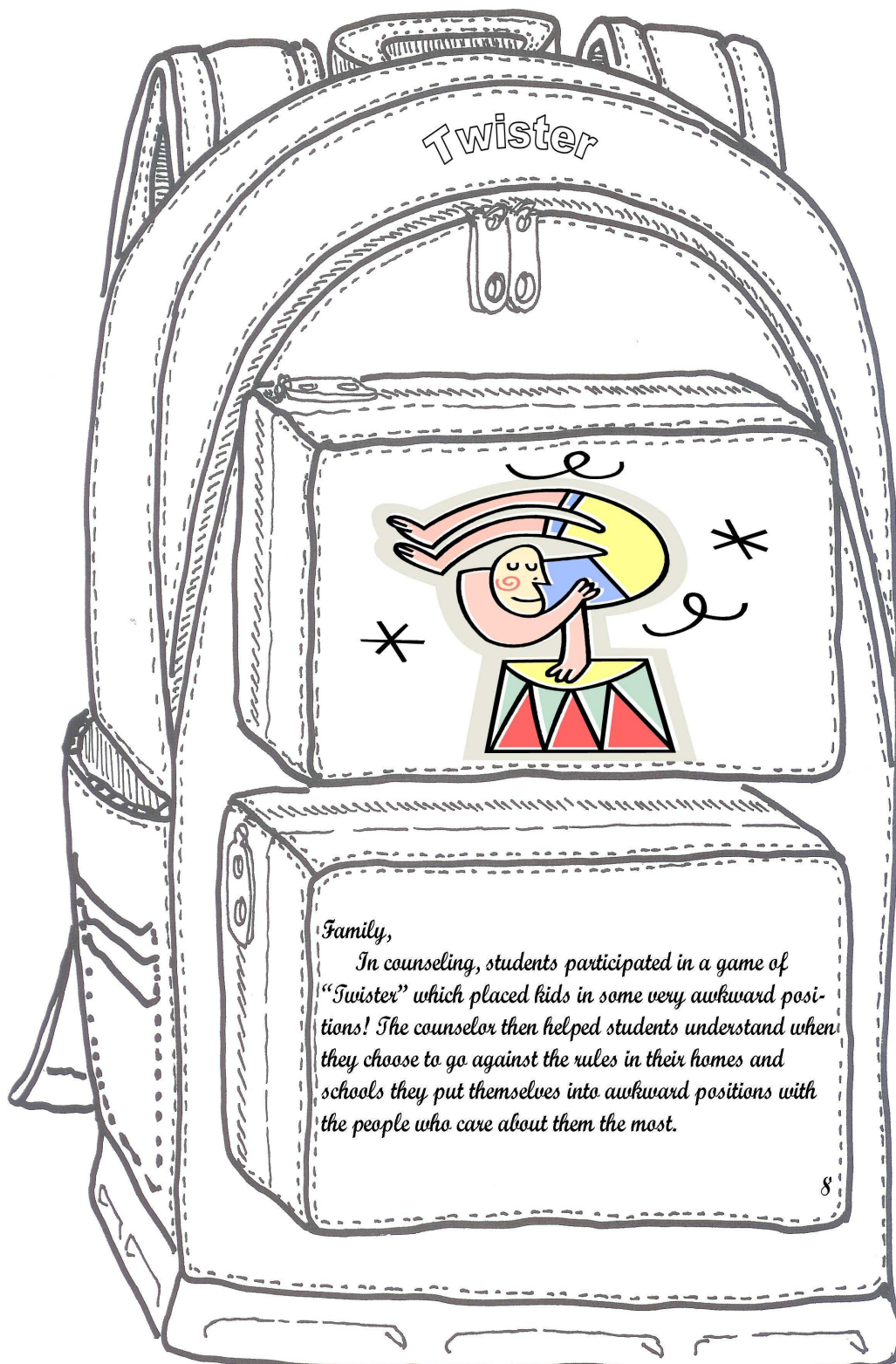


Overcoming Obstacles



Family,

Your student faced a ton of obstacles in counseling activity today! Dragons, fire pits, and ice mountains to name a few. Those obstacles were eventually transformed into real life obstacles that also had to be overcome. Your child was encouraged to be creative, energetic, and to never give up in overcoming their obstacles!



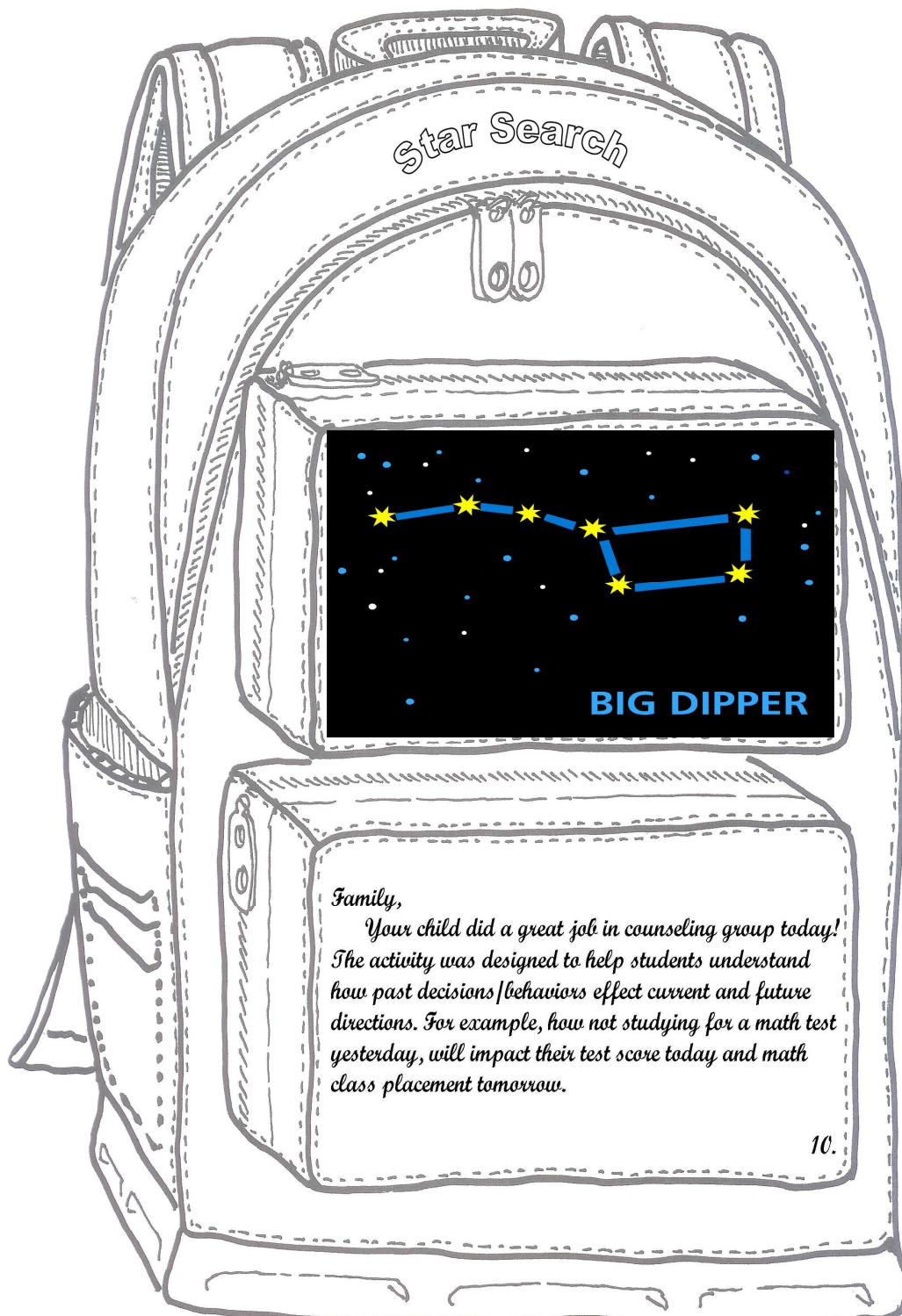
Family,

In counseling, students participated in a game of "Twister" which placed kids in some very awkward positions! The counselor then helped students understand when they choose to go against the rules in their homes and schools they put themselves into awkward positions with the people who care about them the most.

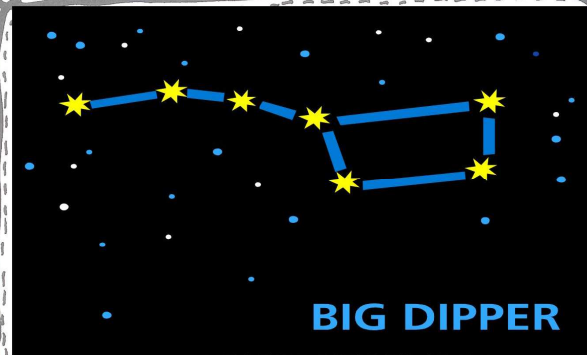


Family,

The theme of today's counseling activity was becoming a private detective. Your child searched for "Quality Crayons" colored with honesty, kindness, respect and loyalty. Students were then given the assignment to find those lost, misplaced and or forgotten attributes in their family members, classmates, and friends.

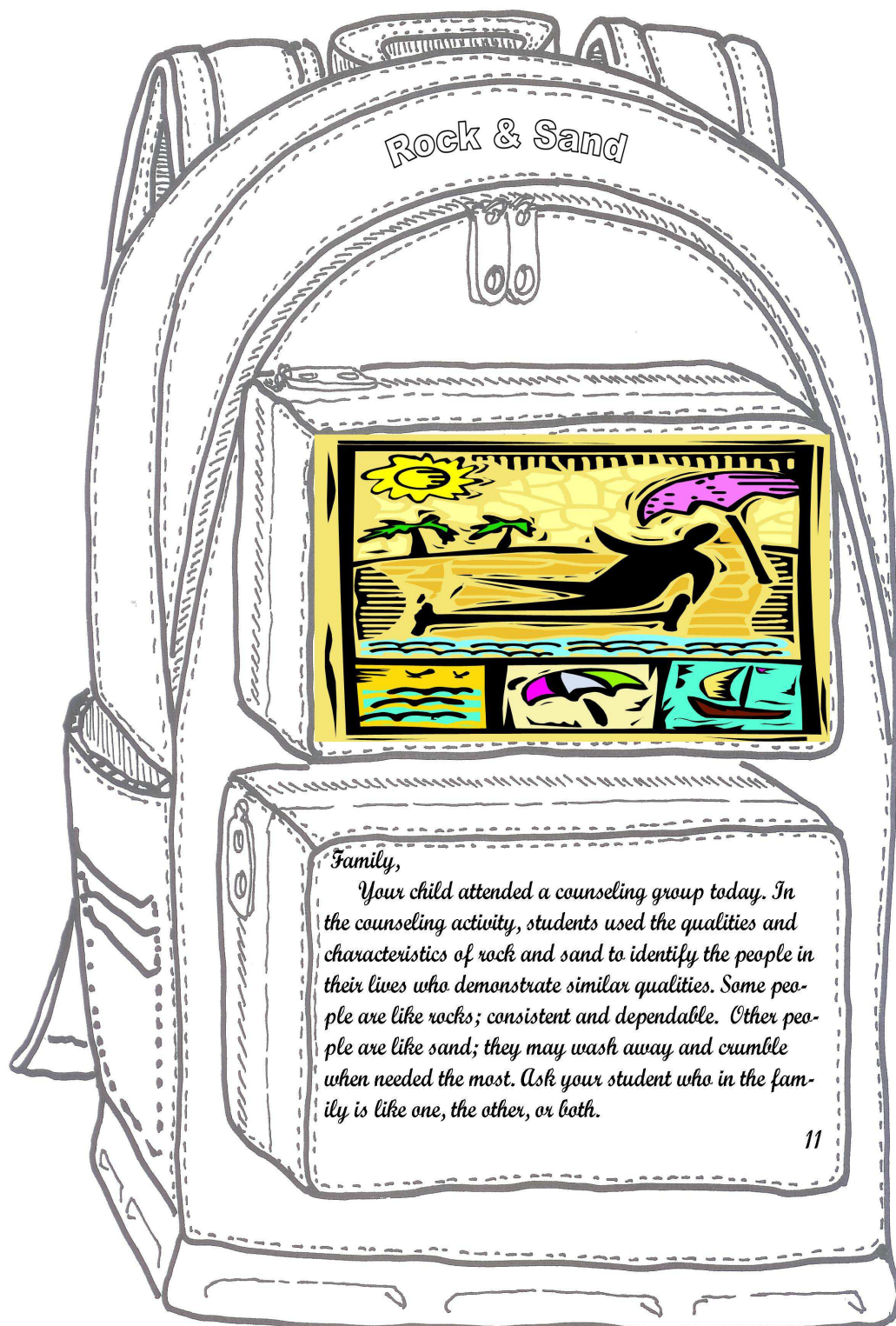


Star Search

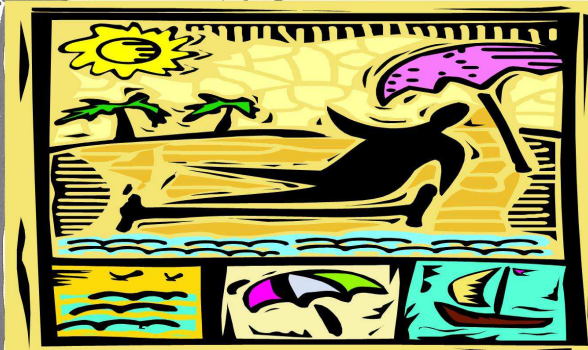


Family,

Your child did a great job in counseling group today! The activity was designed to help students understand how past decisions/behaviors effect current and future directions. For example, how not studying for a math test yesterday, will impact their test score today and math class placement tomorrow.



Rock & Sand



Family,

Your child attended a counseling group today. In the counseling activity, students used the qualities and characteristics of rock and sand to identify the people in their lives who demonstrate similar qualities. Some people are like rocks; consistent and dependable. Other people are like sand; they may wash away and crumble when needed the most. Ask your student who in the family is like one, the other, or both.



Tower of Power



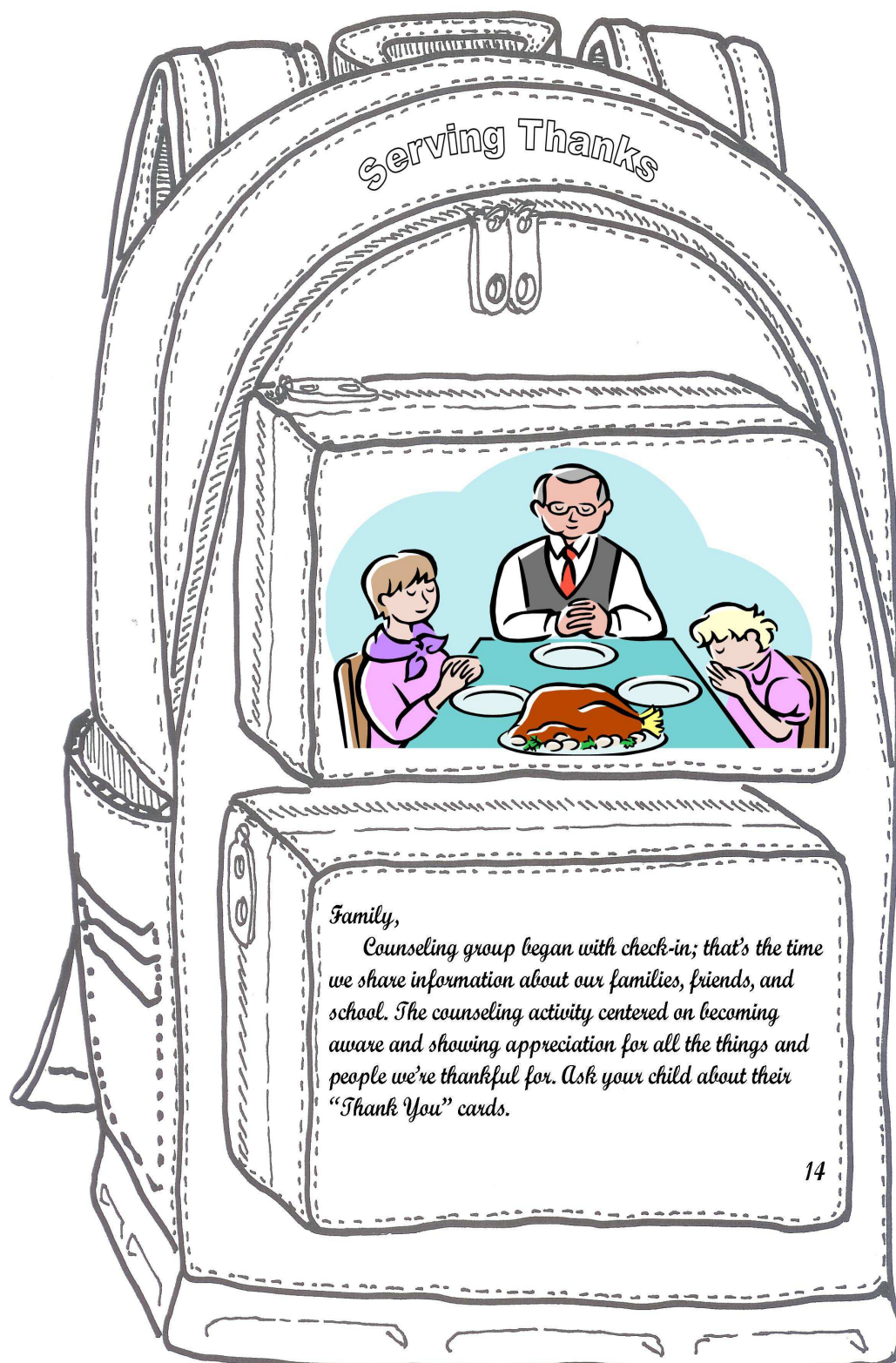
Family,

Stacking logs were used as a means of helping boys and girls understand how to go about building stronger families. The students also became aware of factors that could tumble even the strongest family structures. Be sure to ask your child to name three positive ways to help build a stronger family.



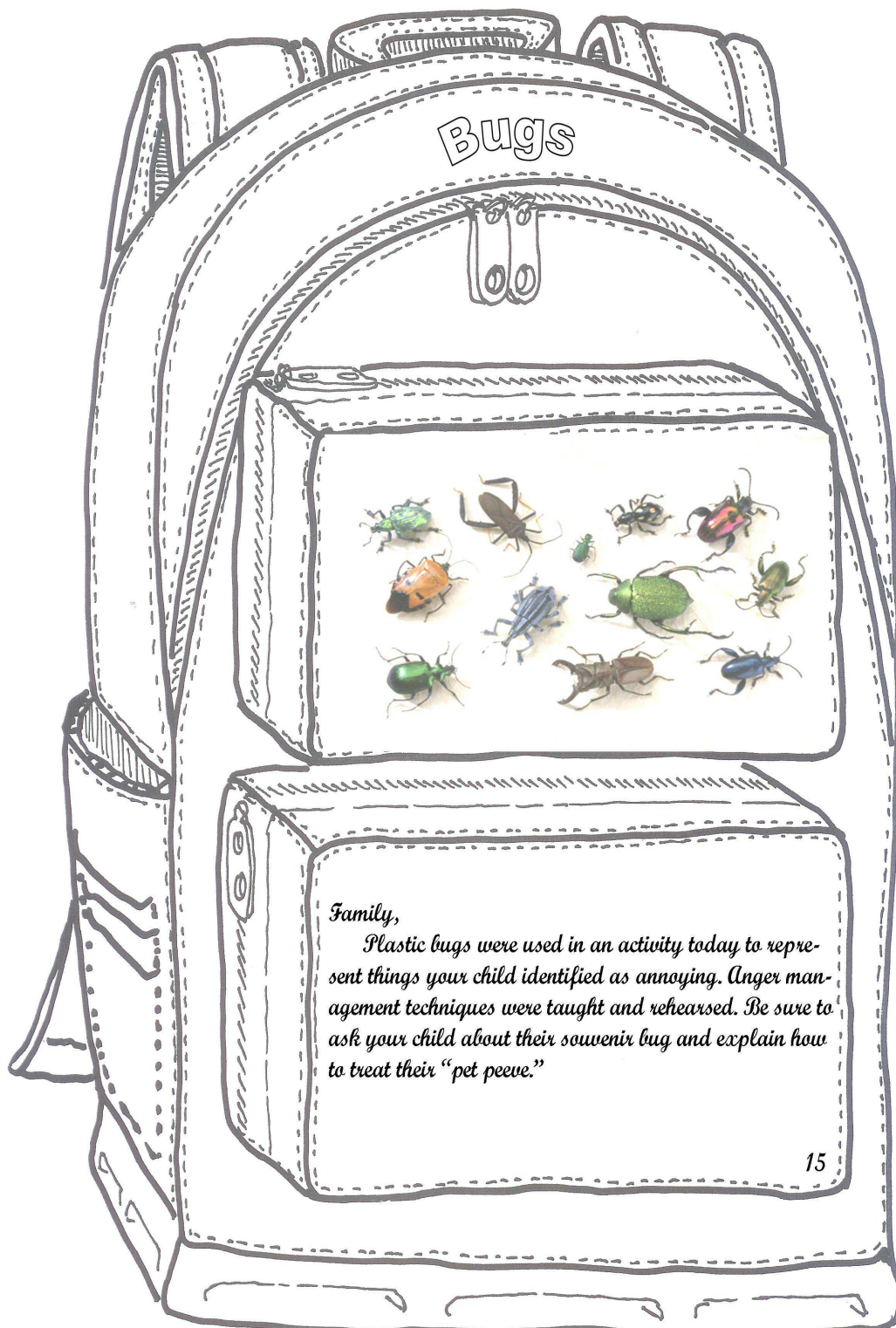
Family,

The goal of today's activity was to help group members learn how to improve their abilities in identifying and expressing their feelings appropriately. For example, when feeling angry, student's identified their feeling of anger, but also responded verbally and behaviorally to the feeling in a way that didn't make things worse.



Family,

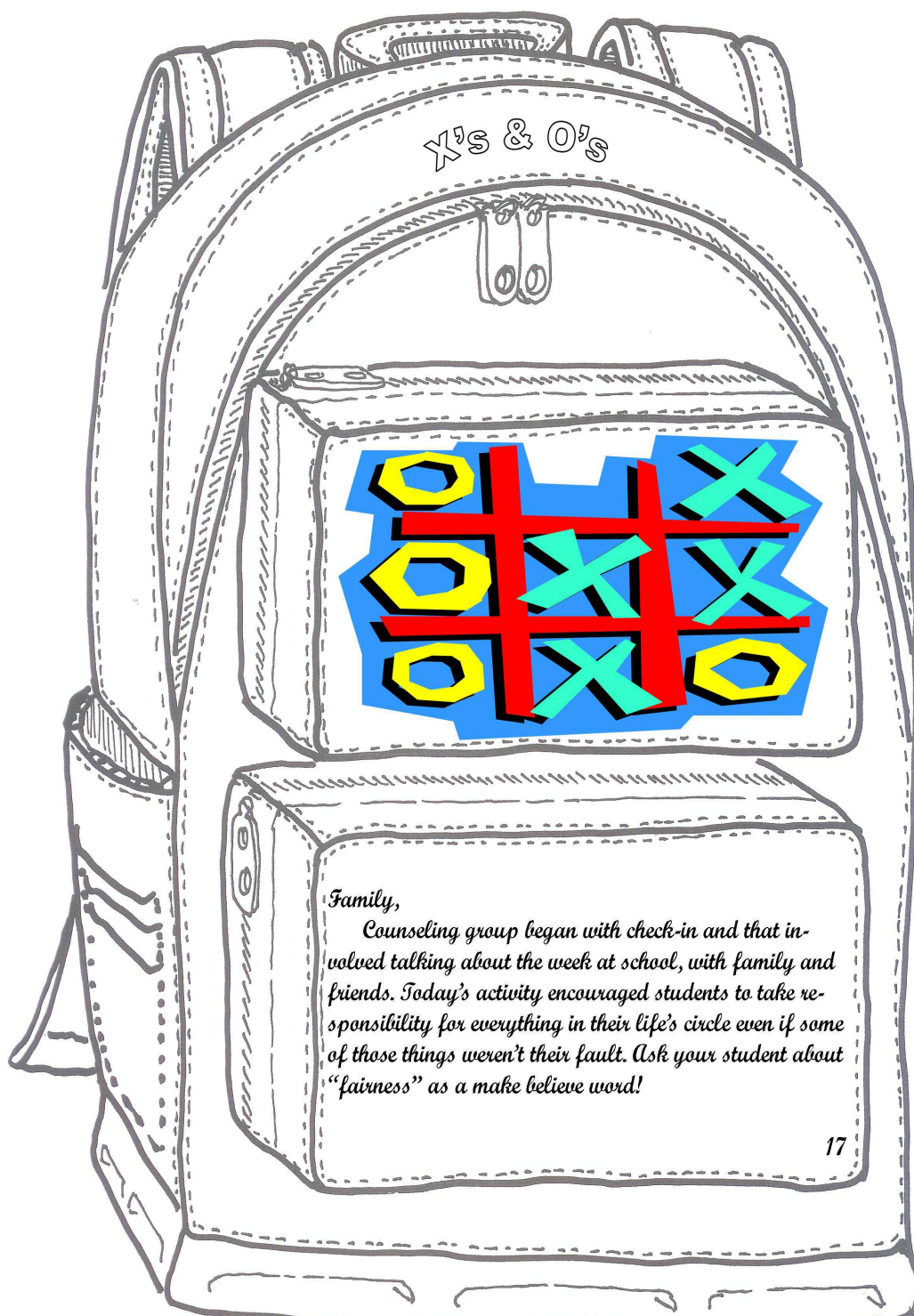
Counseling group began with check-in; that's the time we share information about our families, friends, and school. The counseling activity centered on becoming aware and showing appreciation for all the things and people we're thankful for. Ask your child about their "Thank You" cards.



Family,

Plastic bugs were used in an activity today to represent things your child identified as annoying. Anger management techniques were taught and rehearsed. Be sure to ask your child about their souvenir bug and explain how to treat their "pet peeve."





Family,

Counseling group began with check-in and that involved talking about the week at school, with family and friends. Today's activity encouraged students to take responsibility for everything in their life's circle even if some of those things weren't their fault. Ask your student about "fairness" as a make believe word!



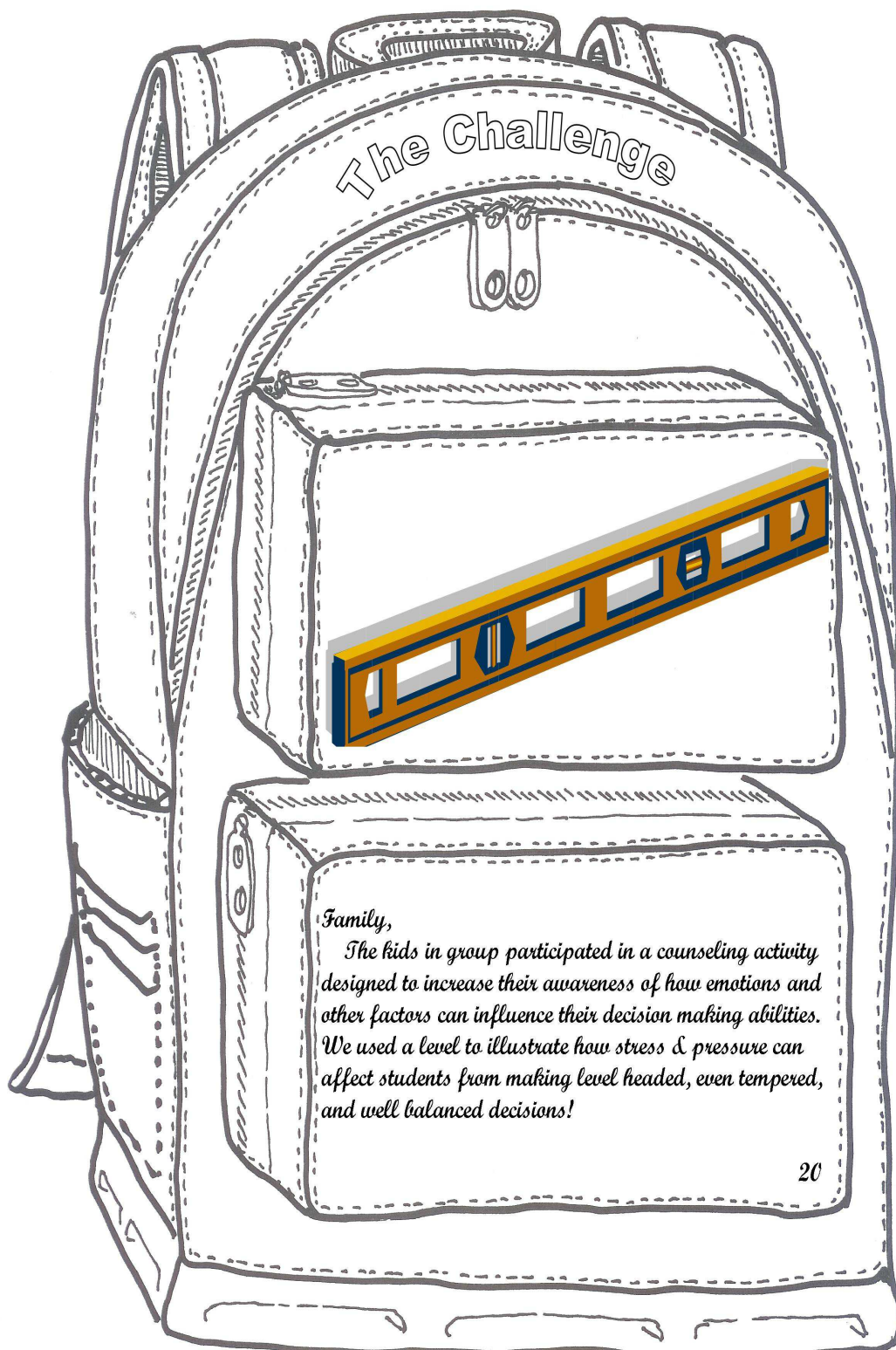
Family,

In counseling group, students learned how peer pressure can affect their thinking and choice of behaviors. Students figured out the differences between Brave, Foolish, Cool, and Goofy behaviors! Be sure to ask your student about their Smart behaviors this week!

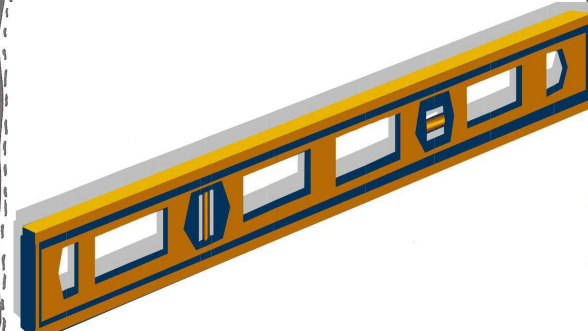


Family,

Counseling group began with check-in and then students participated in a counseling activity called "Bull's Eye." The emphasis of the activity was on the importance of preparation and execution versus outcome. That is, when kids try to finish first, they're comparing themselves to everyone else. However, when a student learns to do their very best, it puts the focus right where it belongs.

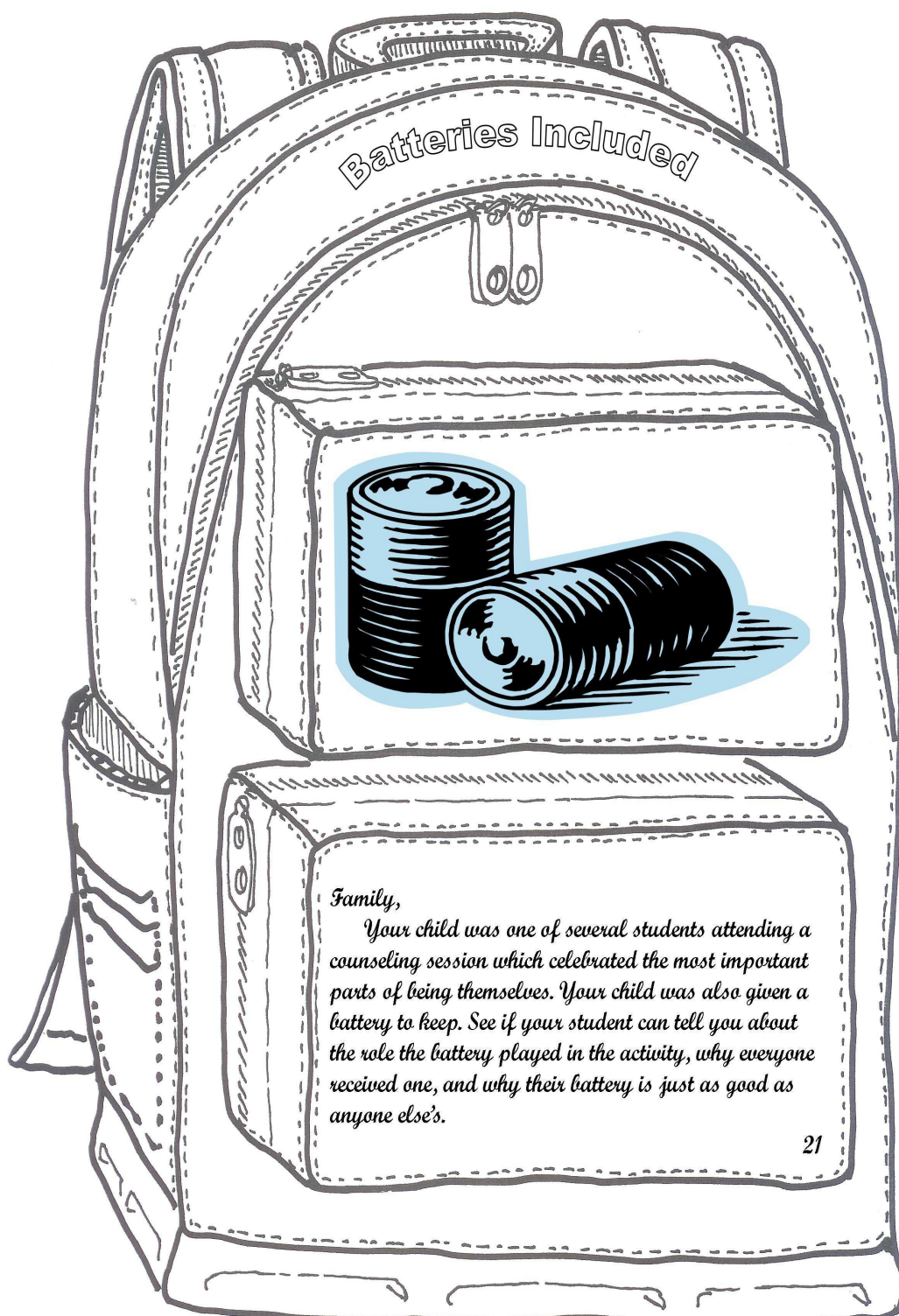


The Challenge



Family,

The kids in group participated in a counseling activity designed to increase their awareness of how emotions and other factors can influence their decision making abilities. We used a level to illustrate how stress & pressure can affect students from making level headed, even tempered, and well balanced decisions!

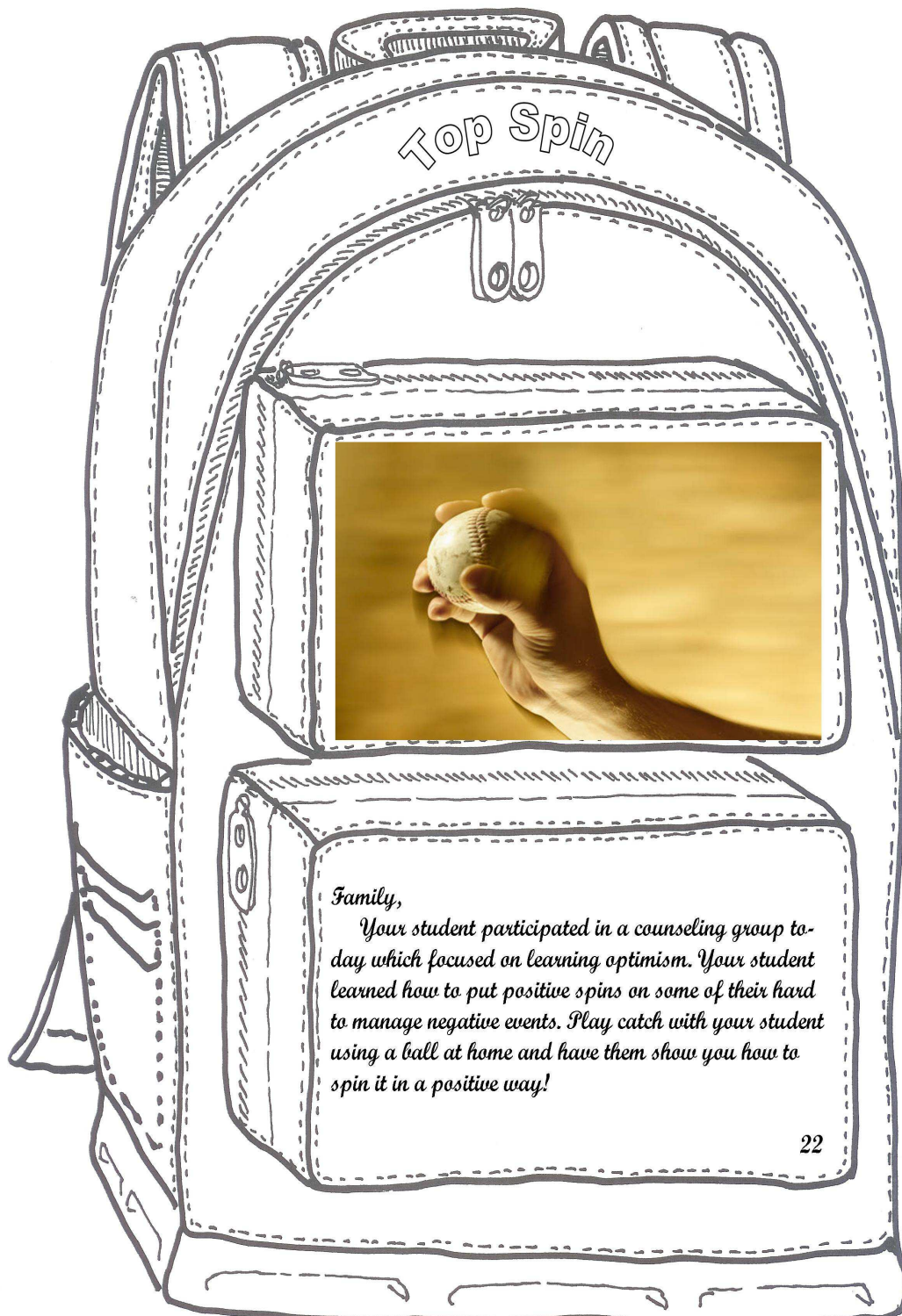


Batteries Included



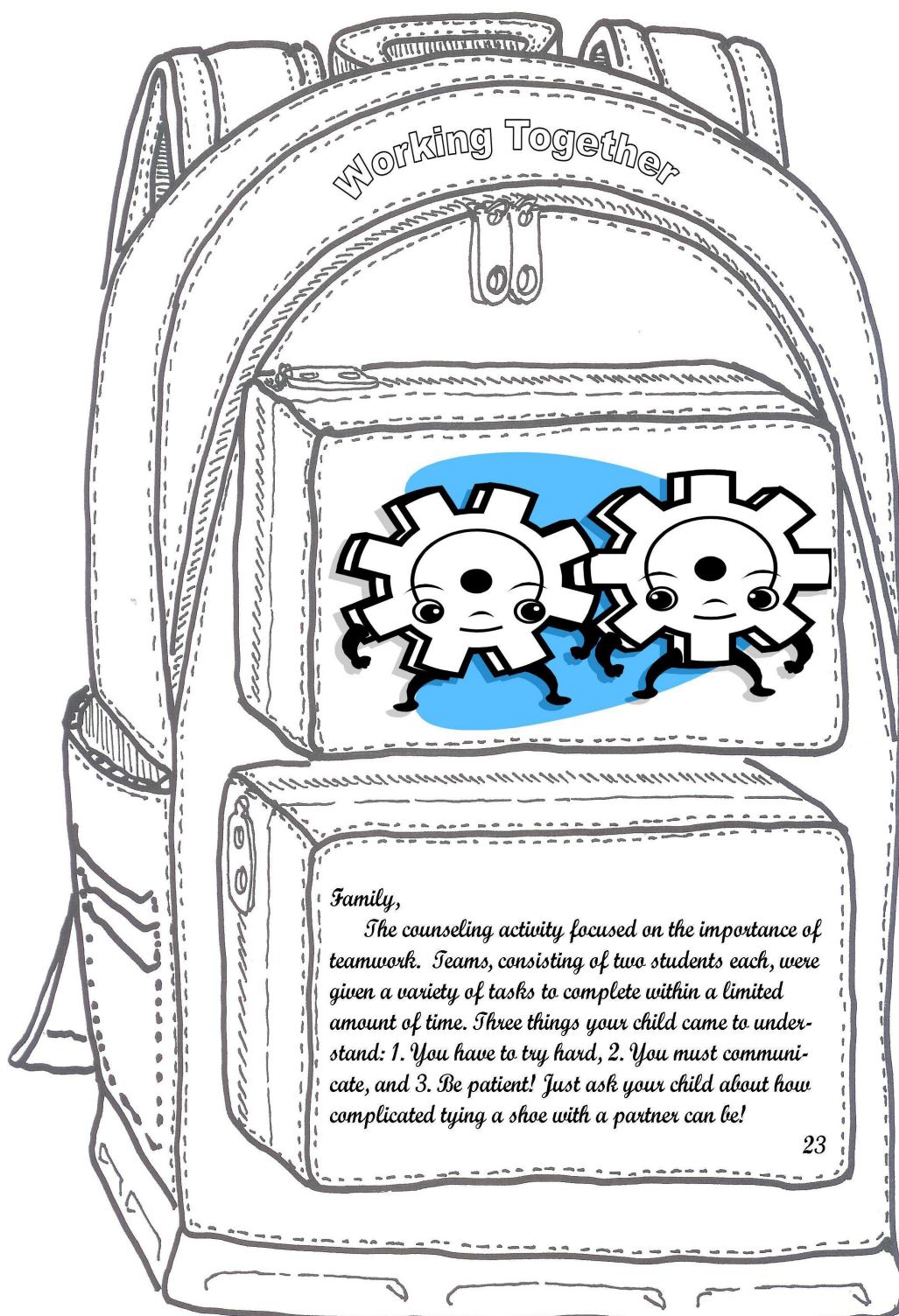
Family,

Your child was one of several students attending a counseling session which celebrated the most important parts of being themselves. Your child was also given a battery to keep. See if your student can tell you about the role the battery played in the activity, why everyone received one, and why their battery is just as good as anyone else's.

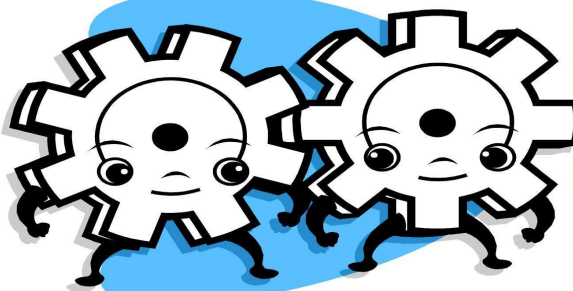


Family,

Your student participated in a counseling group today which focused on learning optimism. Your student learned how to put positive spins on some of their hard to manage negative events. Play catch with your student using a ball at home and have them show you how to spin it in a positive way!

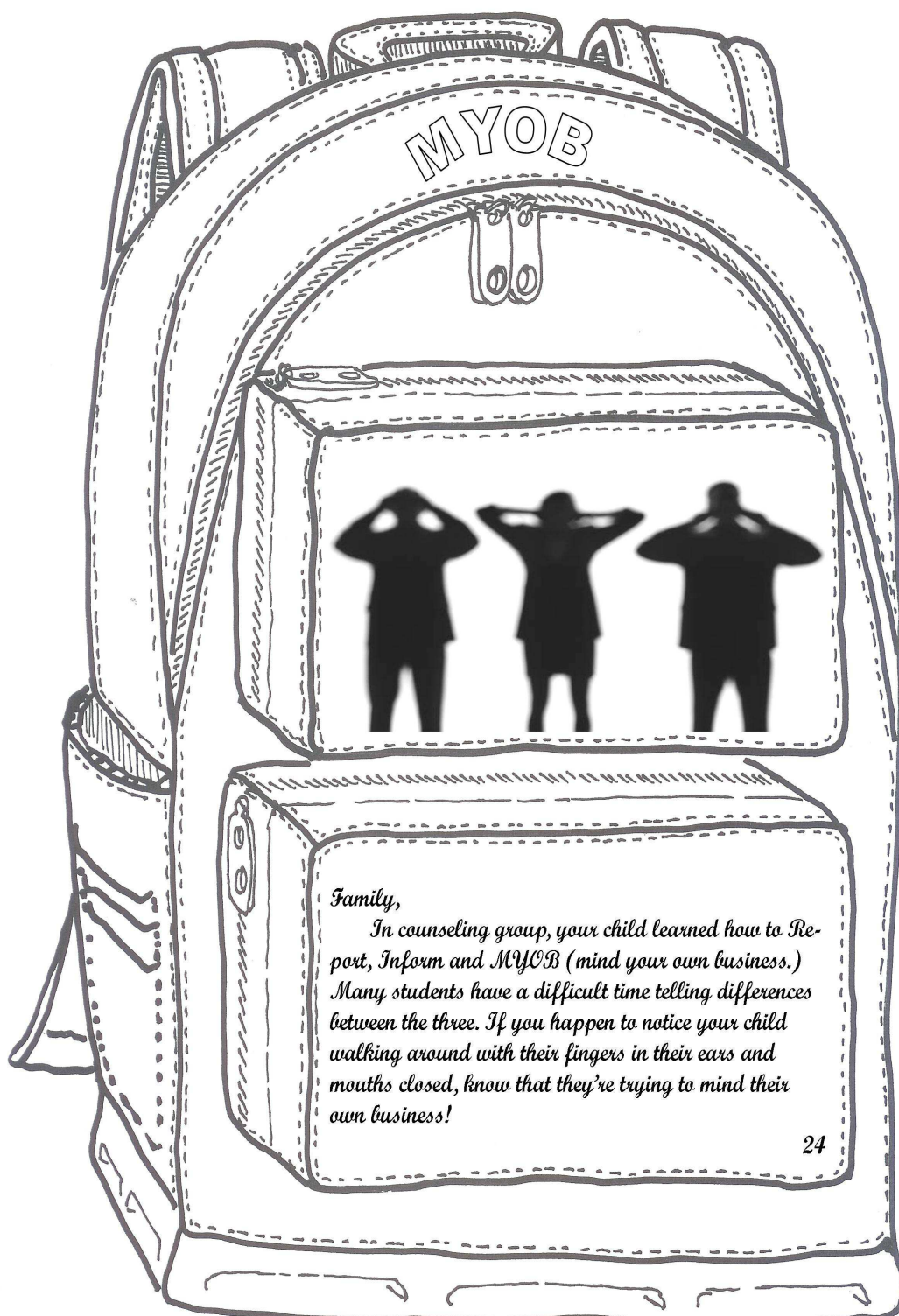


Working Together



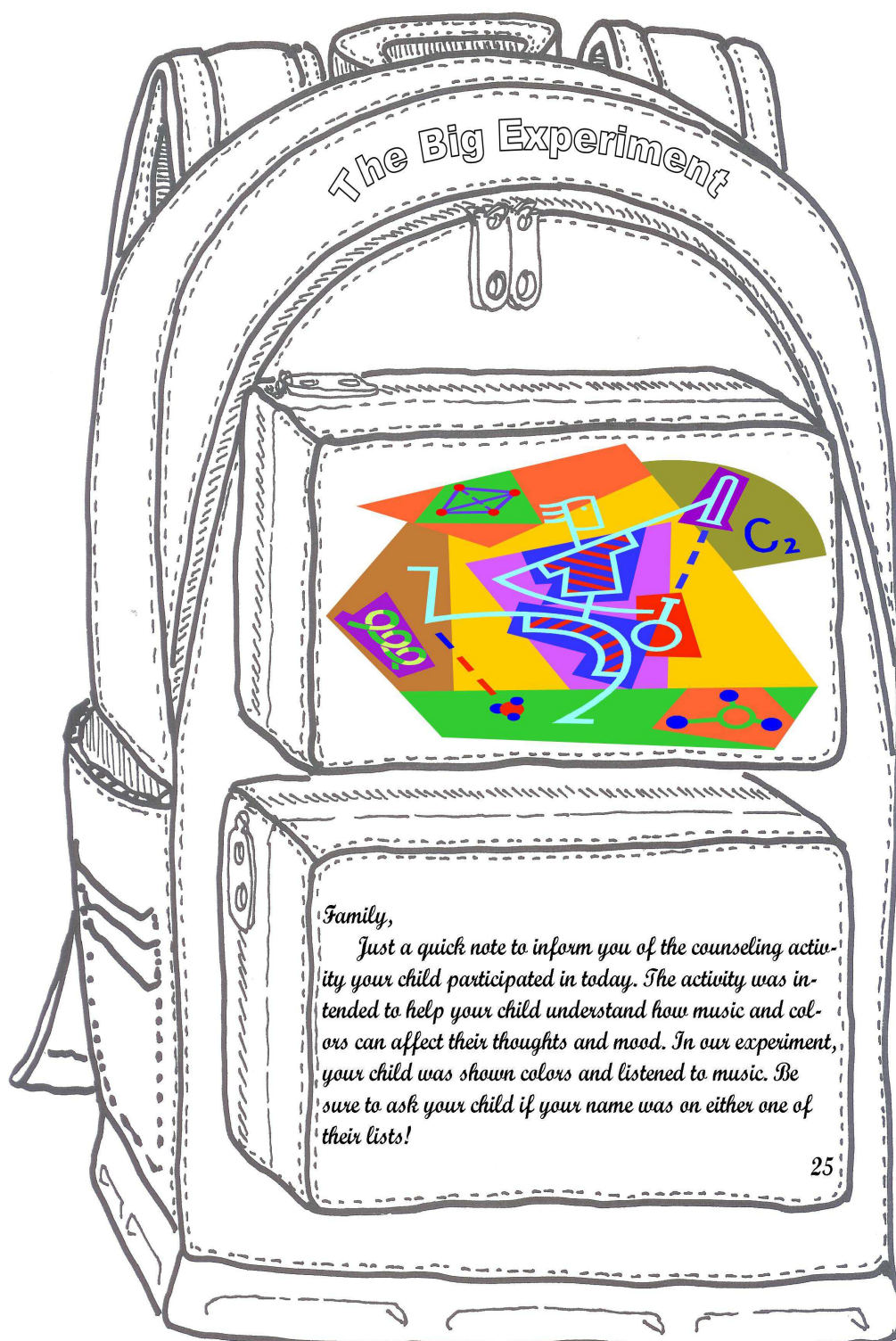
Family,

The counseling activity focused on the importance of teamwork. Teams, consisting of two students each, were given a variety of tasks to complete within a limited amount of time. Three things your child came to understand: 1. You have to try hard, 2. You must communicate, and 3. Be patient! Just ask your child about how complicated tying a shoe with a partner can be!



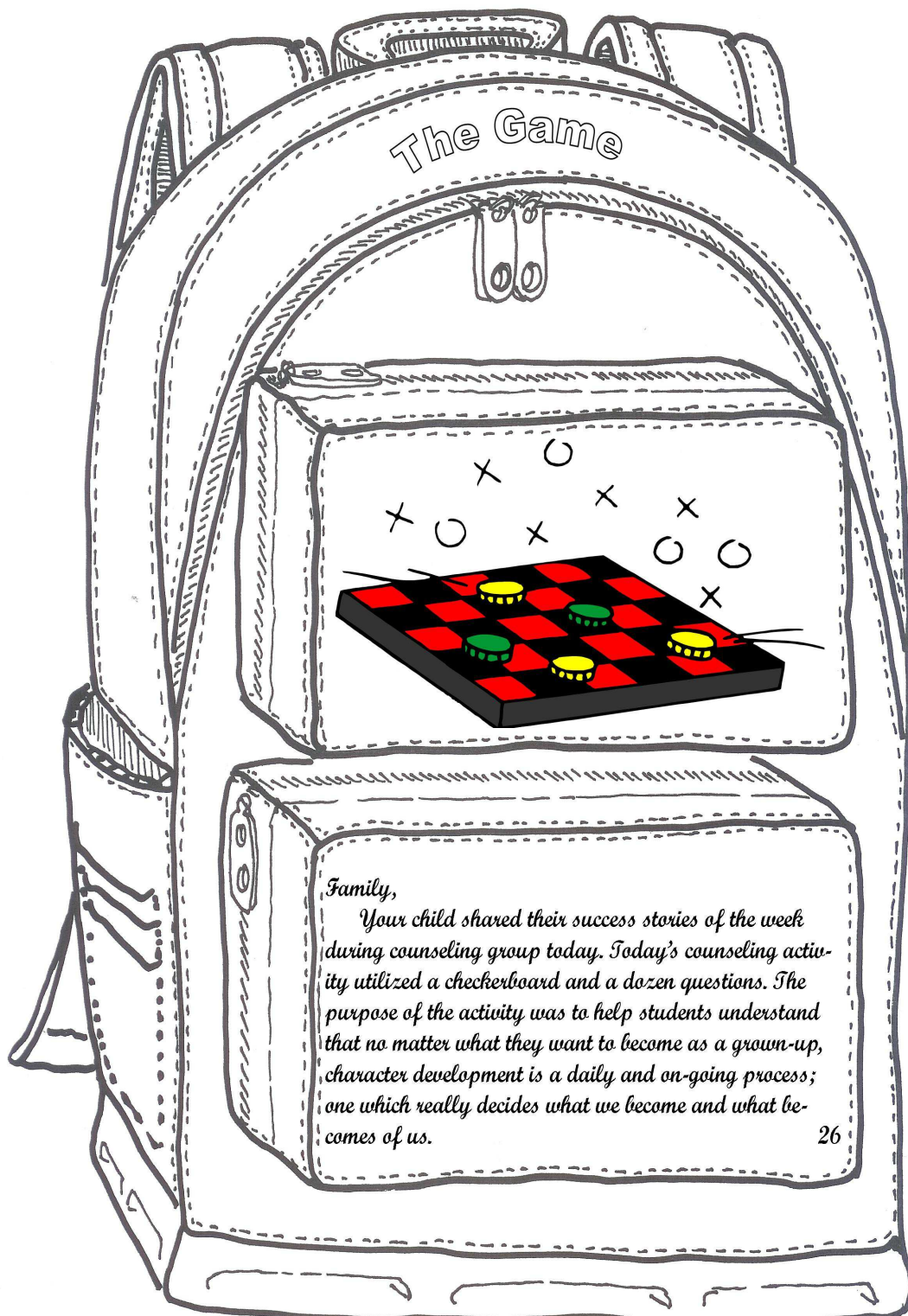
Family,

In counseling group, your child learned how to Report, Inform and MYCB (mind your own business.) Many students have a difficult time telling differences between the three. If you happen to notice your child walking around with their fingers in their ears and mouths closed, know that they're trying to mind their own business!

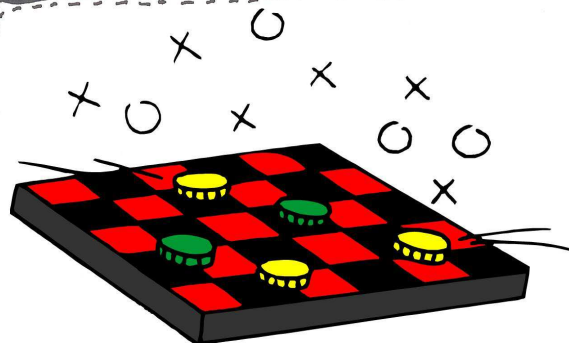


Family,

Just a quick note to inform you of the counseling activity your child participated in today. The activity was intended to help your child understand how music and colors can affect their thoughts and mood. In our experiment, your child was shown colors and listened to music. Be sure to ask your child if your name was on either one of their lists!

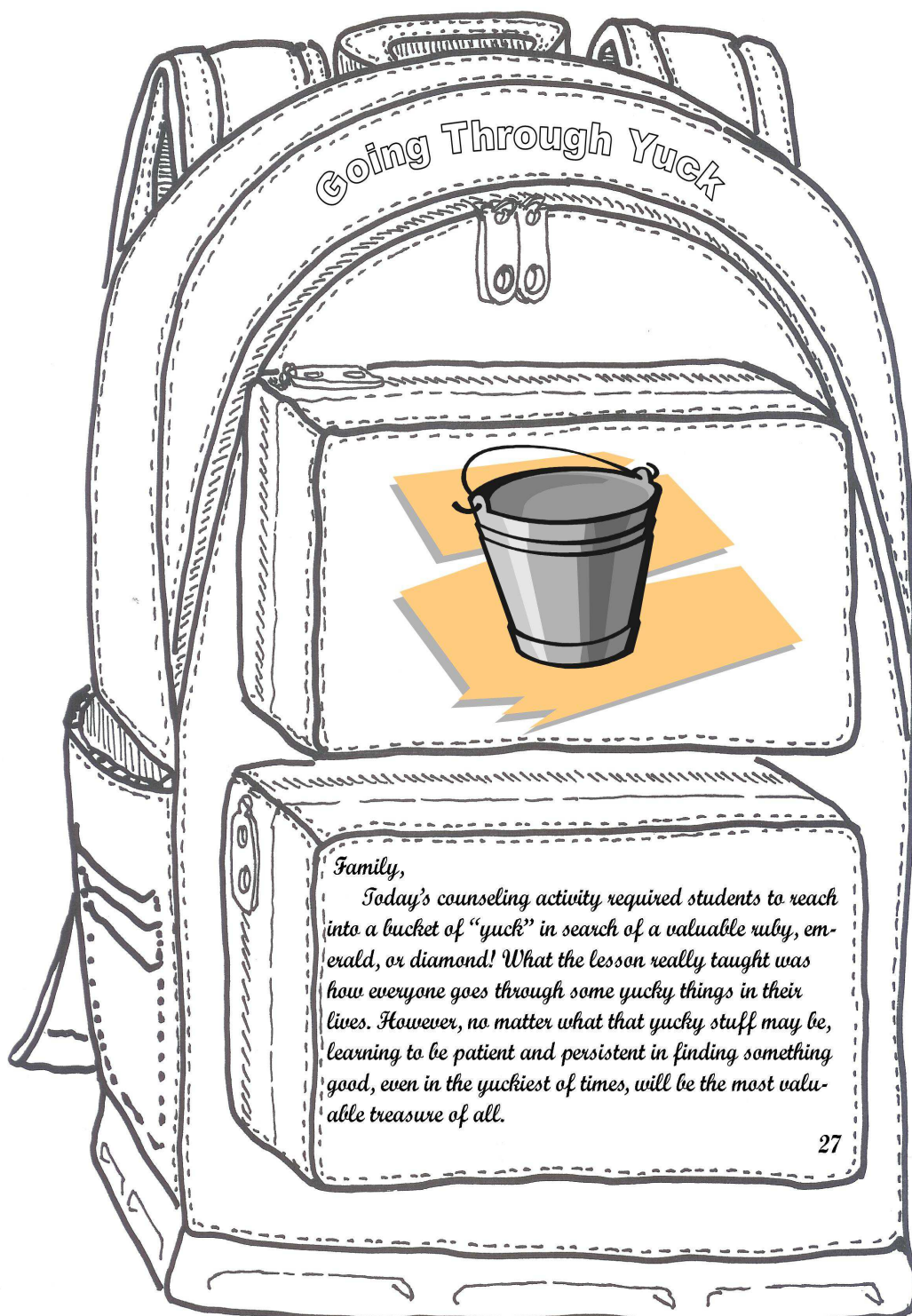


The Game



Family,

Your child shared their success stories of the week during counseling group today. Today's counseling activity utilized a checkerboard and a dozen questions. The purpose of the activity was to help students understand that no matter what they want to become as a grown-up, character development is a daily and on-going process; one which really decides what we become and what becomes of us.

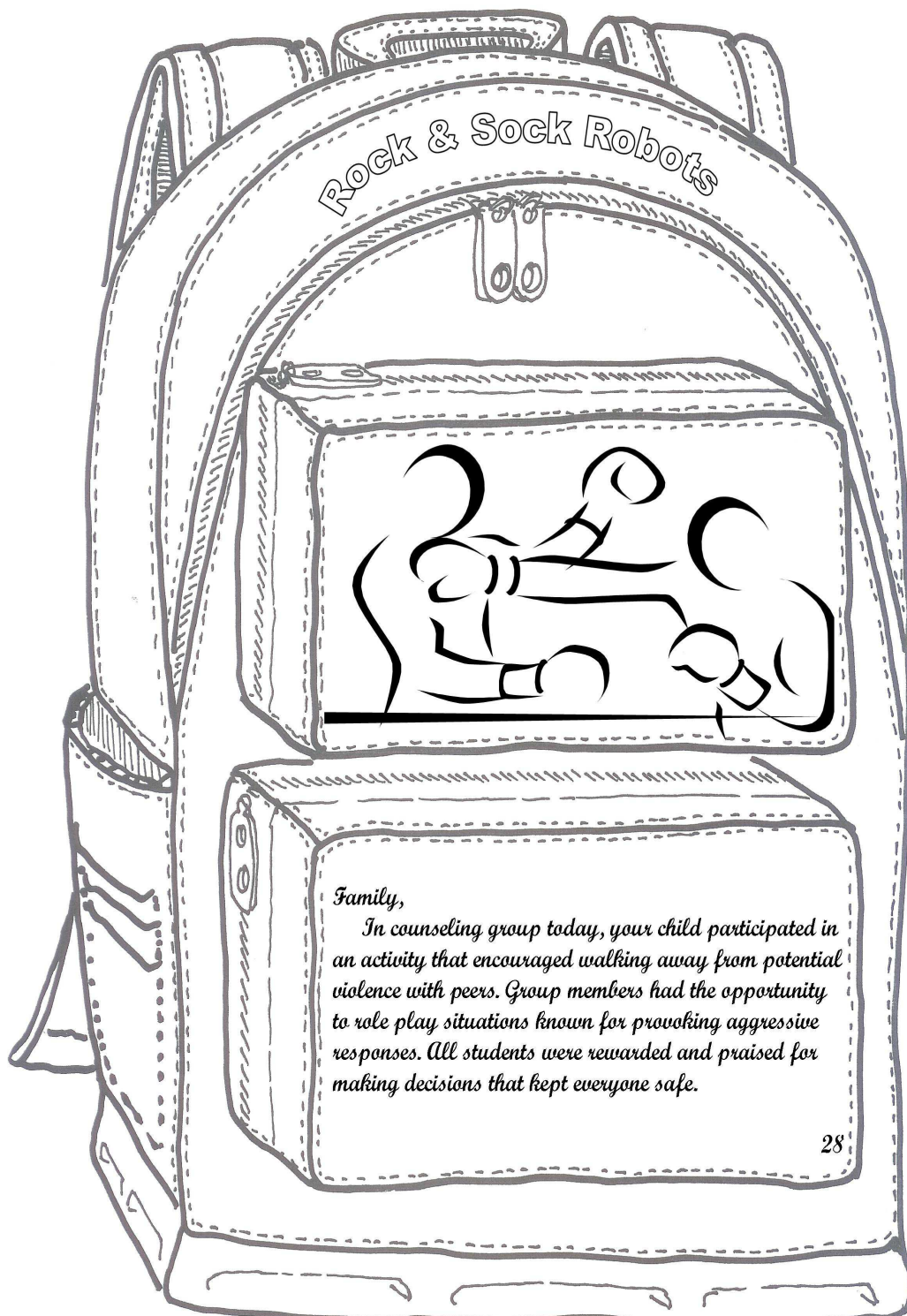


Going Through Yuck

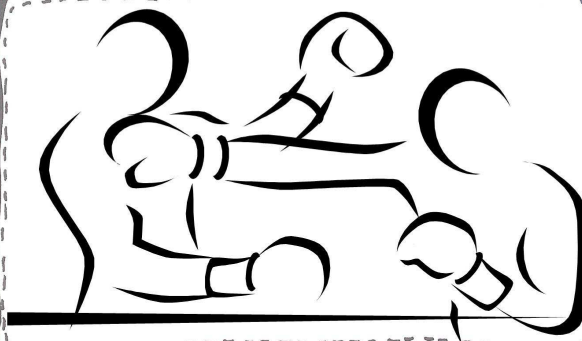


Family,

Today's counseling activity required students to reach into a bucket of "yuck" in search of a valuable ruby, emerald, or diamond! What the lesson really taught was how everyone goes through some yucky things in their lives. However, no matter what that yucky stuff may be, learning to be patient and persistent in finding something good, even in the yuckiest of times, will be the most valuable treasure of all.

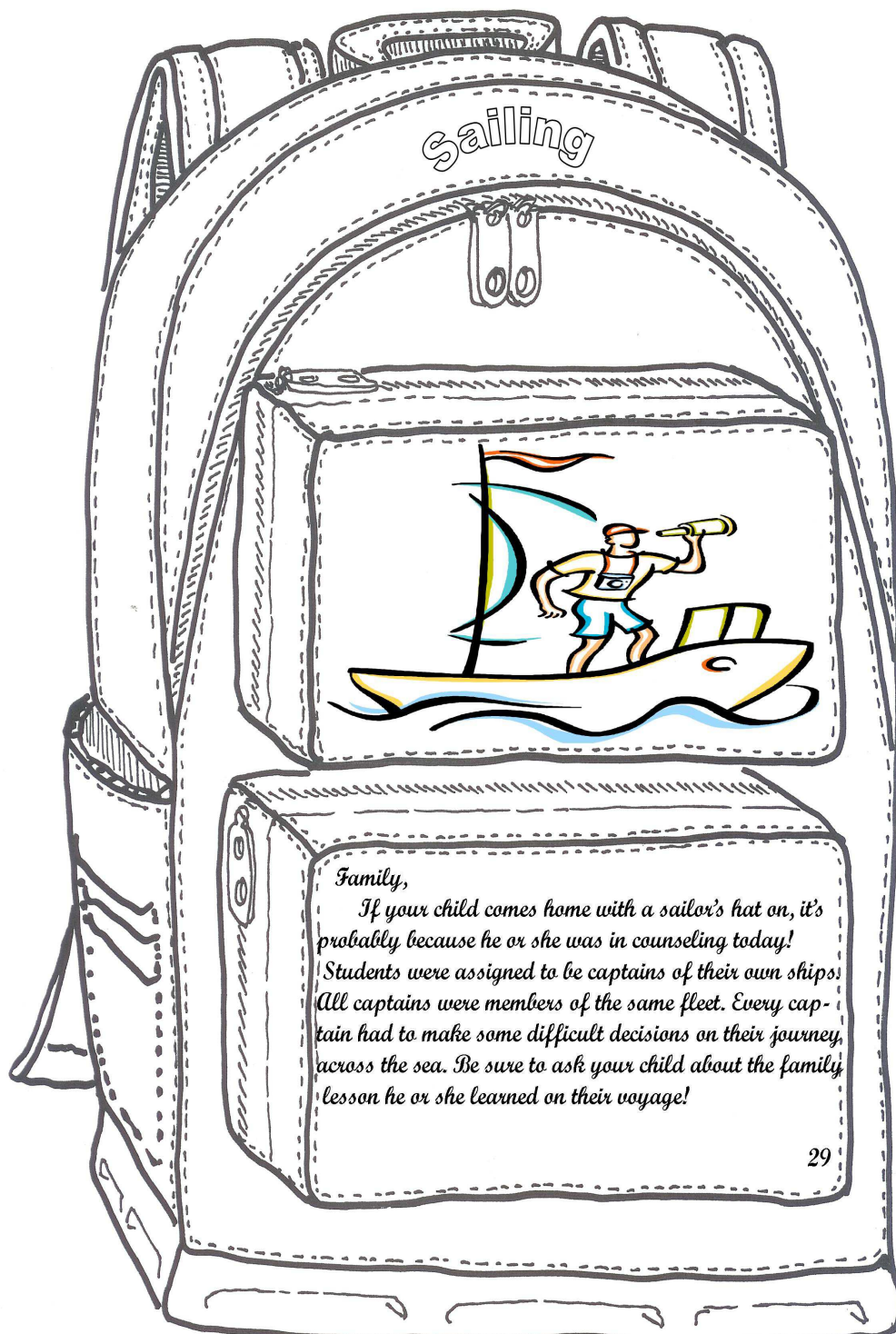


Rock & Sock Robots



Family,

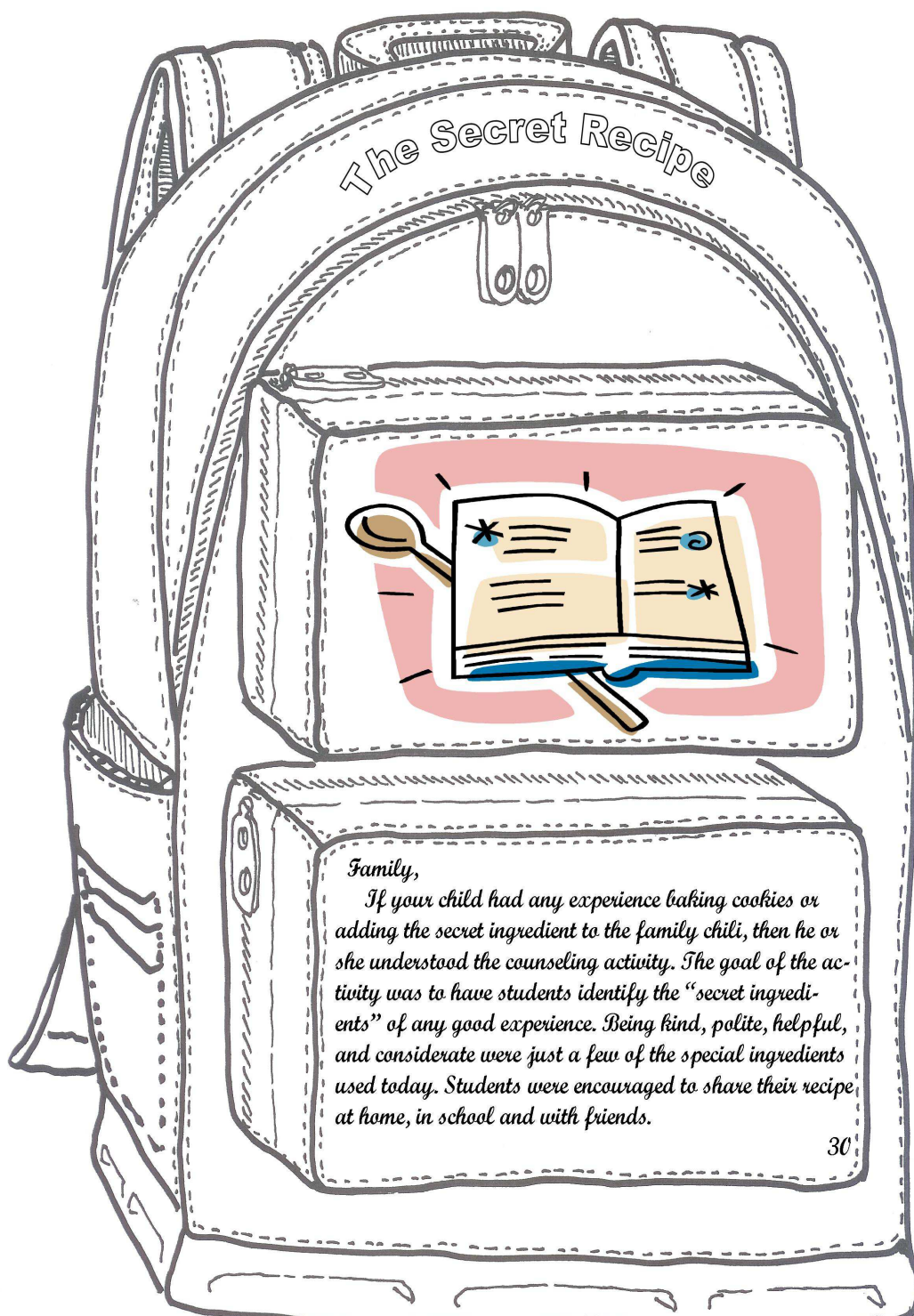
In counseling group today, your child participated in an activity that encouraged walking away from potential violence with peers. Group members had the opportunity to role play situations known for provoking aggressive responses. All students were rewarded and praised for making decisions that kept everyone safe.



Family,

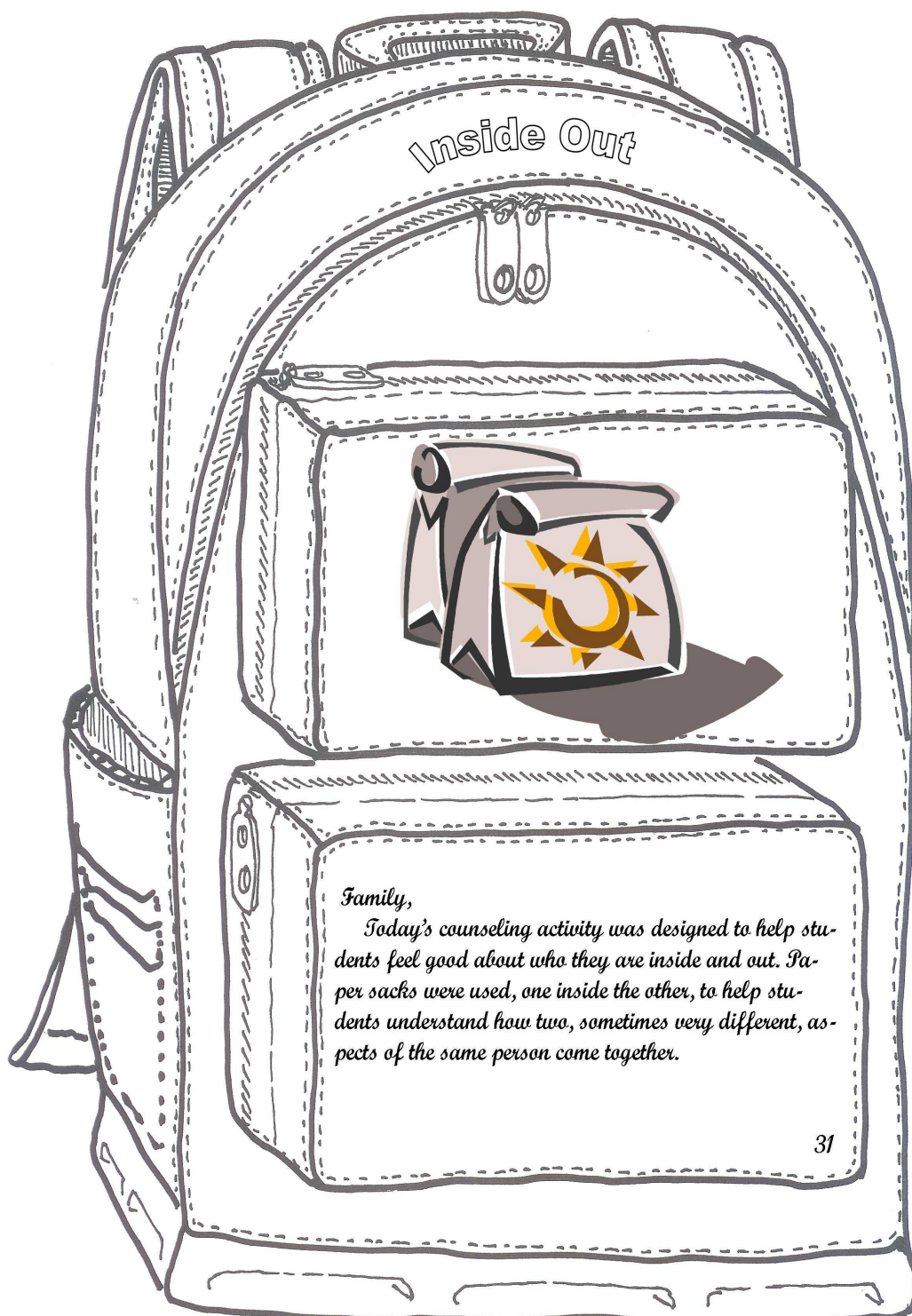
If your child comes home with a sailor's hat on, it's probably because he or she was in counseling today!

Students were assigned to be captains of their own ships. All captains were members of the same fleet. Every captain had to make some difficult decisions on their journey, across the sea. Be sure to ask your child about the family lesson he or she learned on their voyage!



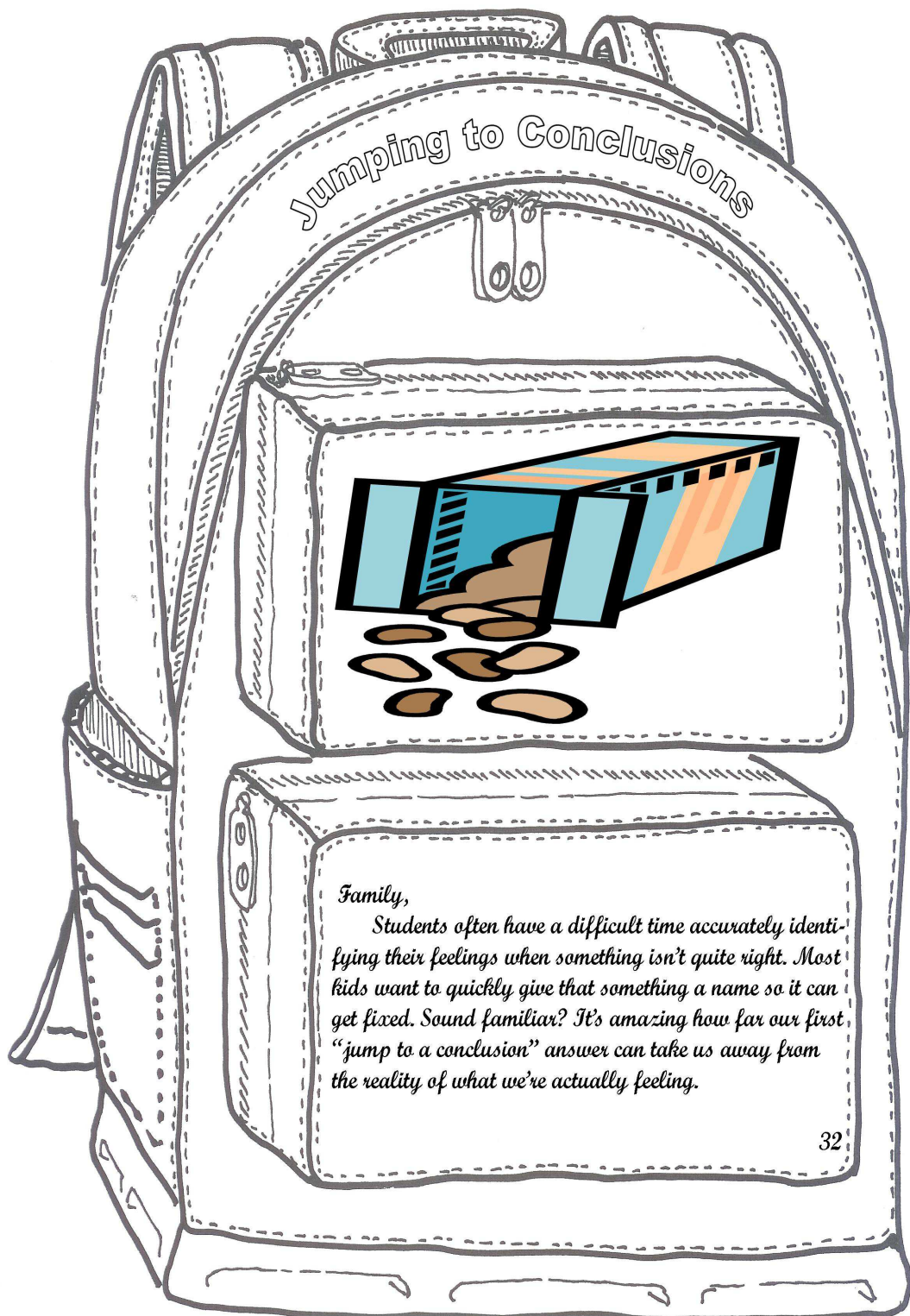
Family,

If your child had any experience baking cookies or adding the secret ingredient to the family chili, then he or she understood the counseling activity. The goal of the activity was to have students identify the "secret ingredients" of any good experience. Being kind, polite, helpful, and considerate were just a few of the special ingredients used today. Students were encouraged to share their recipe at home, in school and with friends.

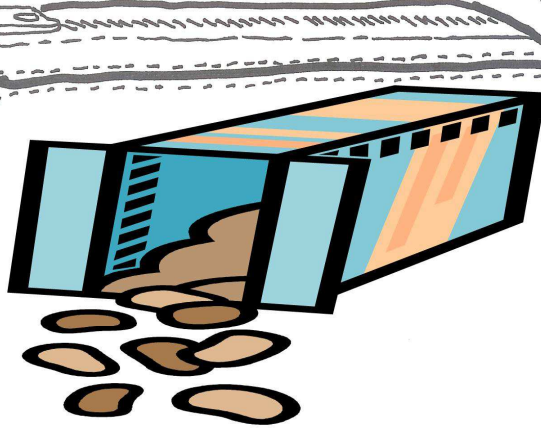


Family,

Today's counseling activity was designed to help students feel good about who they are inside and out. Paper sacks were used, one inside the other, to help students understand how two, sometimes very different, aspects of the same person come together.

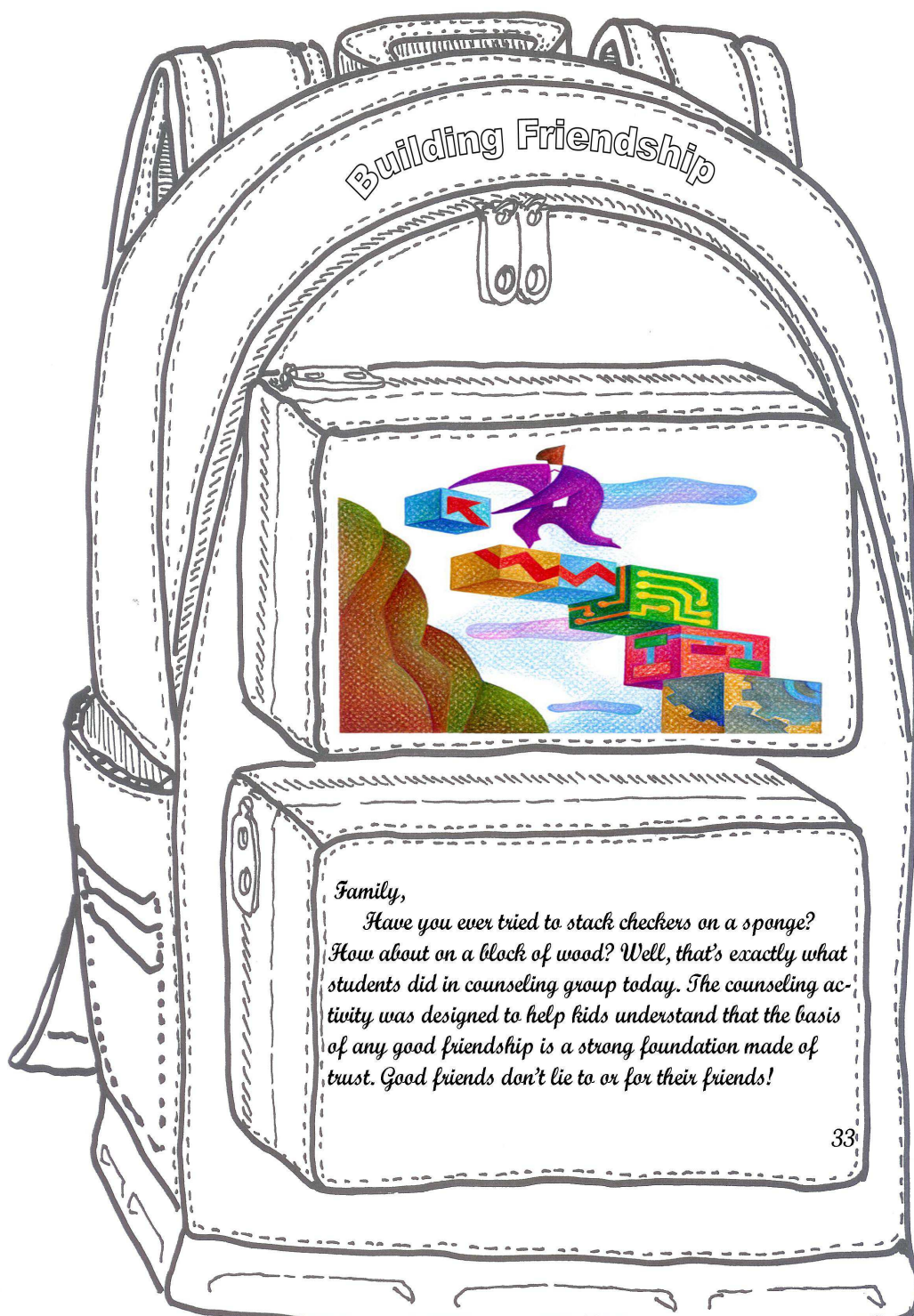


Jumping to Conclusions



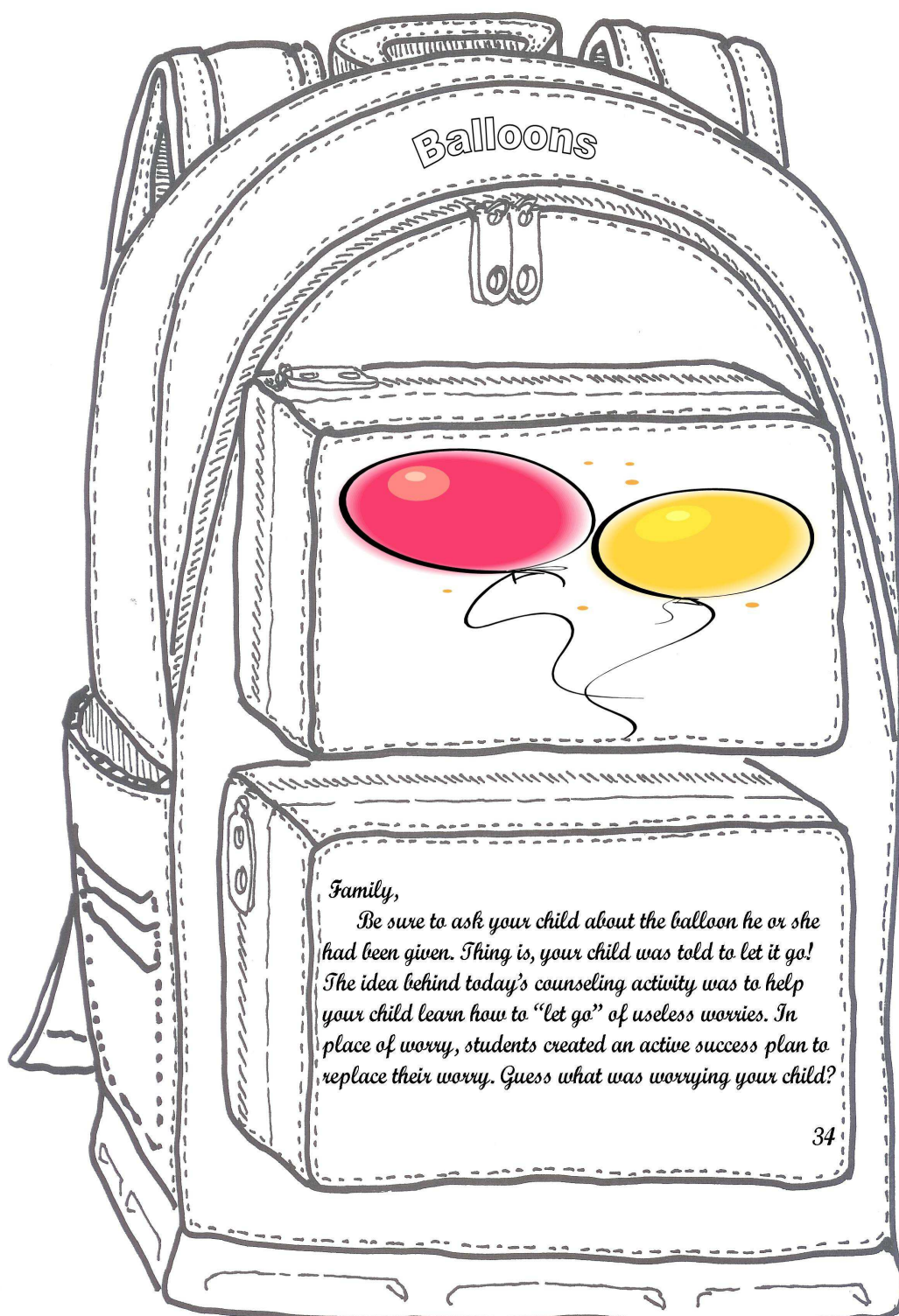
Family,

Students often have a difficult time accurately identifying their feelings when something isn't quite right. Most kids want to quickly give that something a name so it can get fixed. Sound familiar? It's amazing how far our first "jump to a conclusion" answer can take us away from the reality of what we're actually feeling.



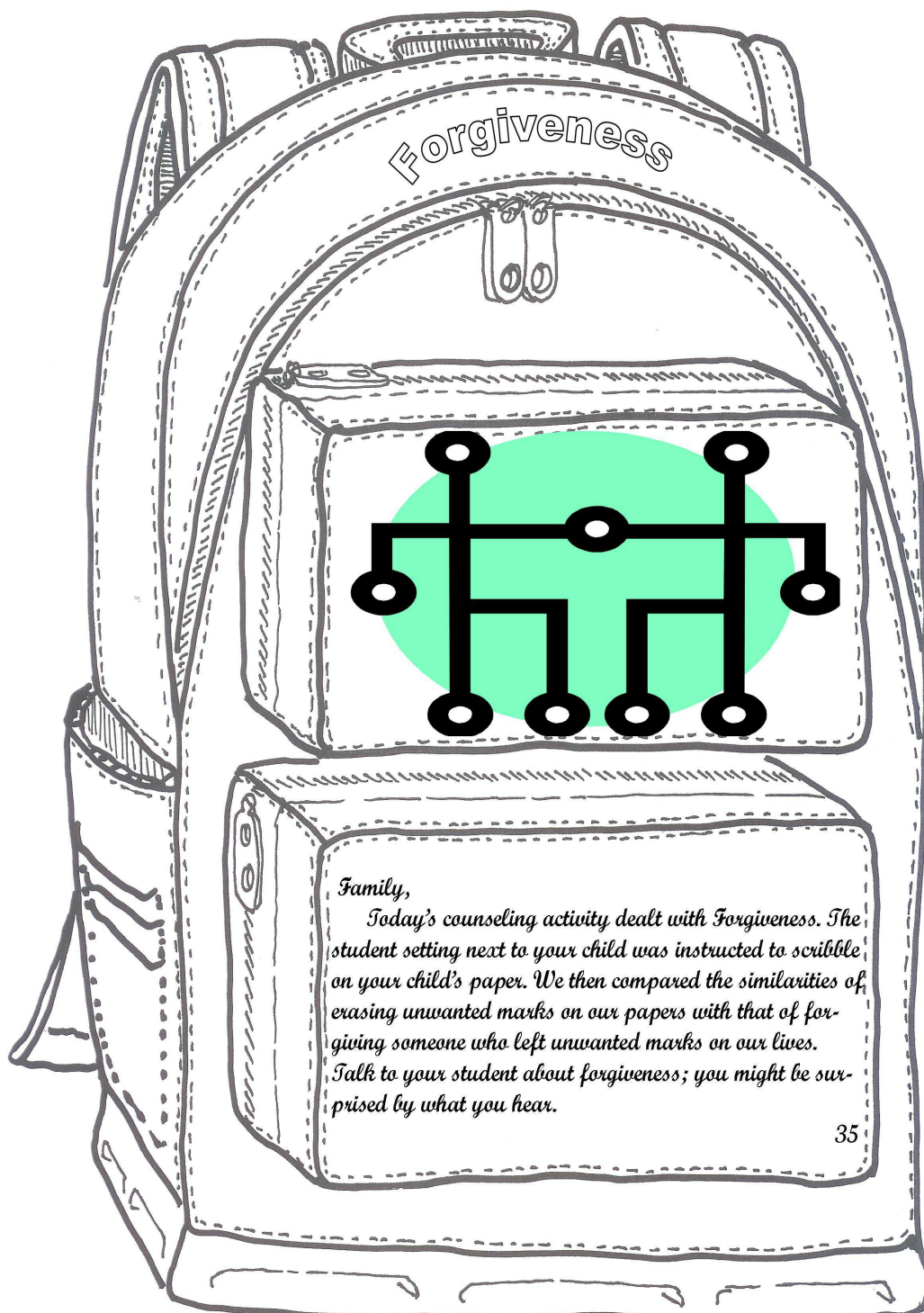
Family,

Have you ever tried to stack checkers on a sponge? How about on a block of wood? Well, that's exactly what students did in counseling group today. The counseling activity was designed to help kids understand that the basis of any good friendship is a strong foundation made of trust. Good friends don't lie to or for their friends!



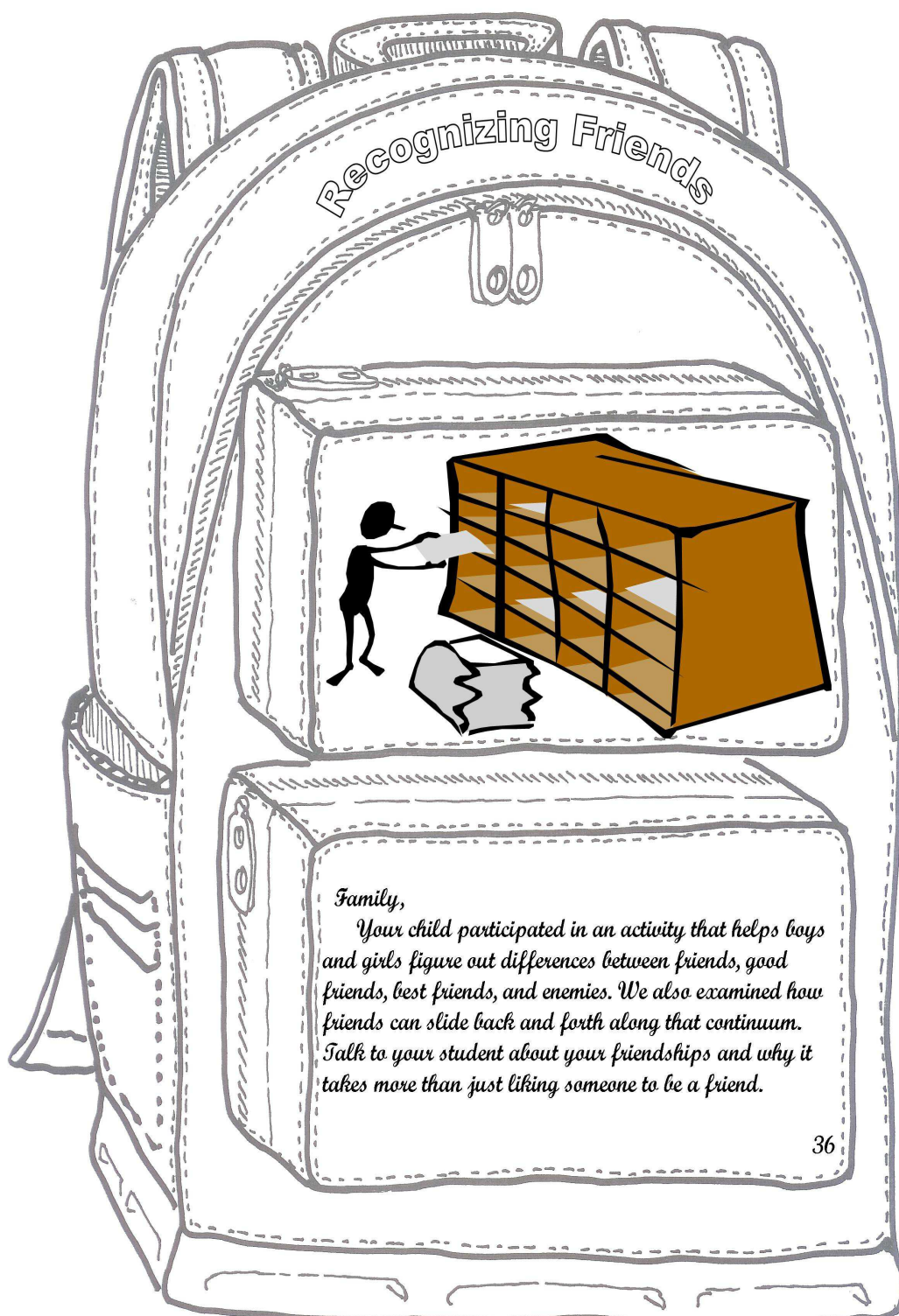
Family,

Be sure to ask your child about the balloon he or she had been given. Thing is, your child was told to let it go! The idea behind today's counseling activity was to help your child learn how to "let go" of useless worries. In place of worry, students created an active success plan to replace their worry. Guess what was worrying your child?



Family,

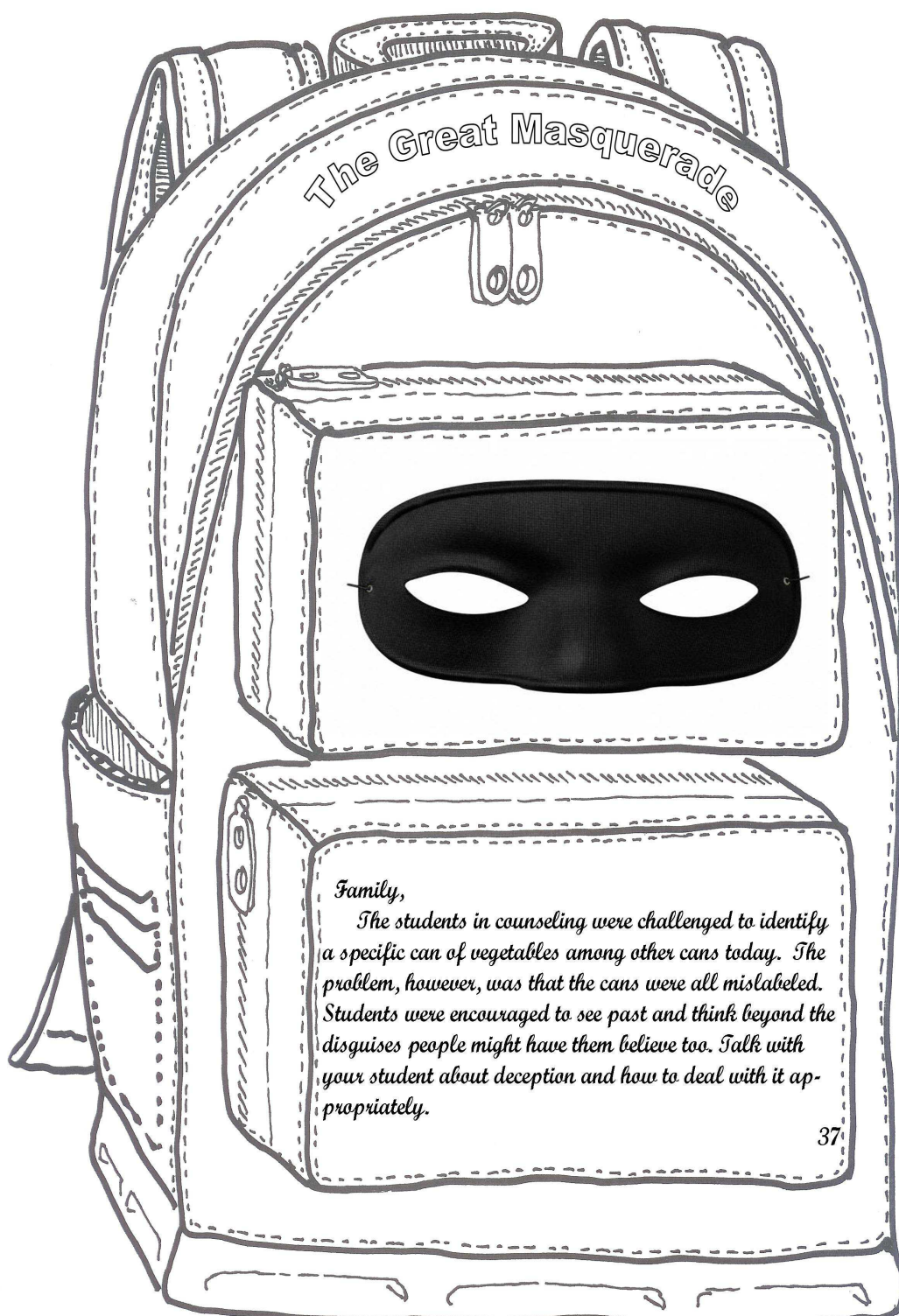
Today's counseling activity dealt with Forgiveness. The student setting next to your child was instructed to scribble on your child's paper. We then compared the similarities of erasing unwanted marks on our papers with that of forgiving someone who left unwanted marks on our lives. Talk to your student about forgiveness; you might be surprised by what you hear.

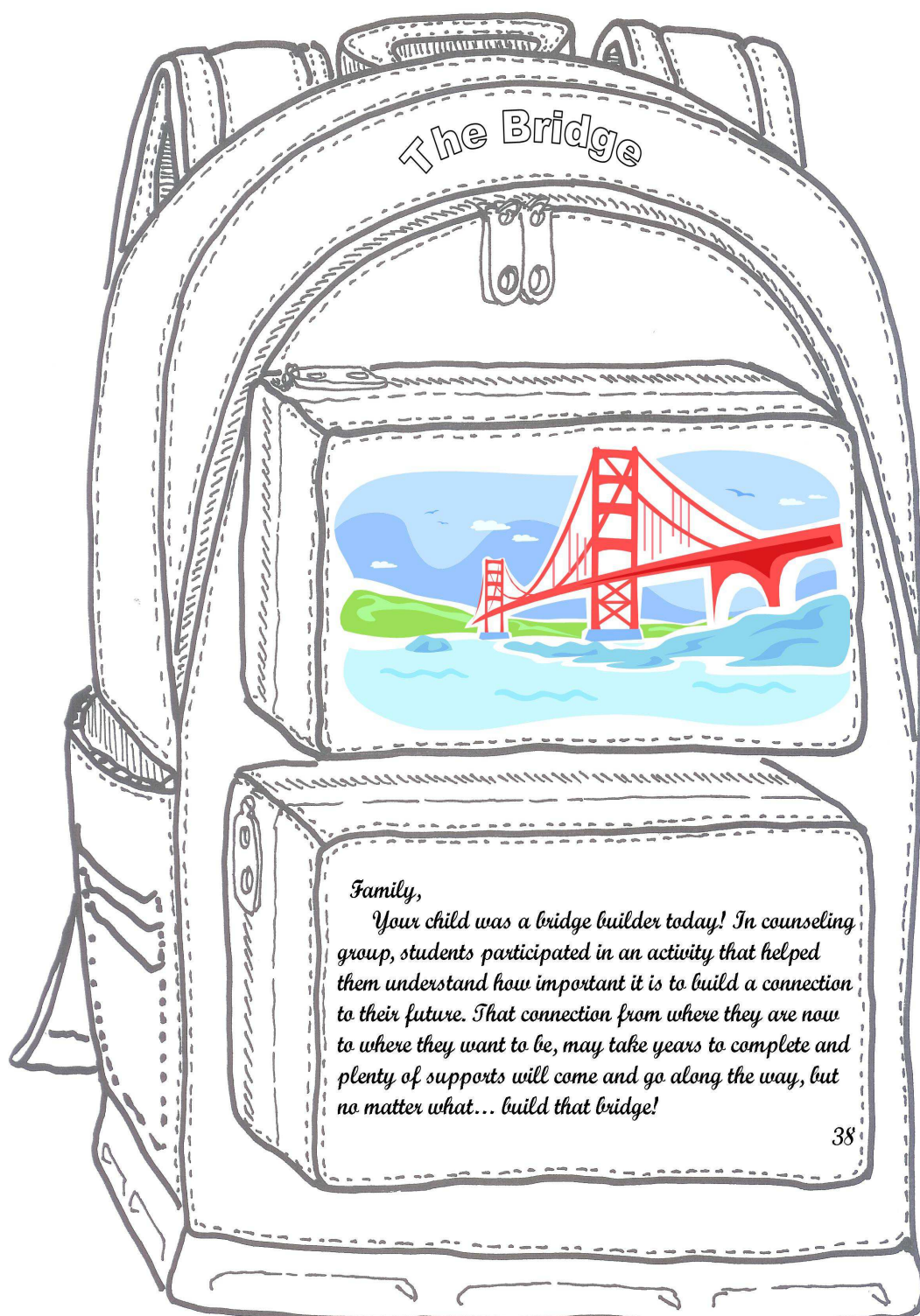


Recognizing Friends

Family,

Your child participated in an activity that helps boys and girls figure out differences between friends, good friends, best friends, and enemies. We also examined how friends can slide back and forth along that continuum. Talk to your student about your friendships and why it takes more than just liking someone to be a friend.



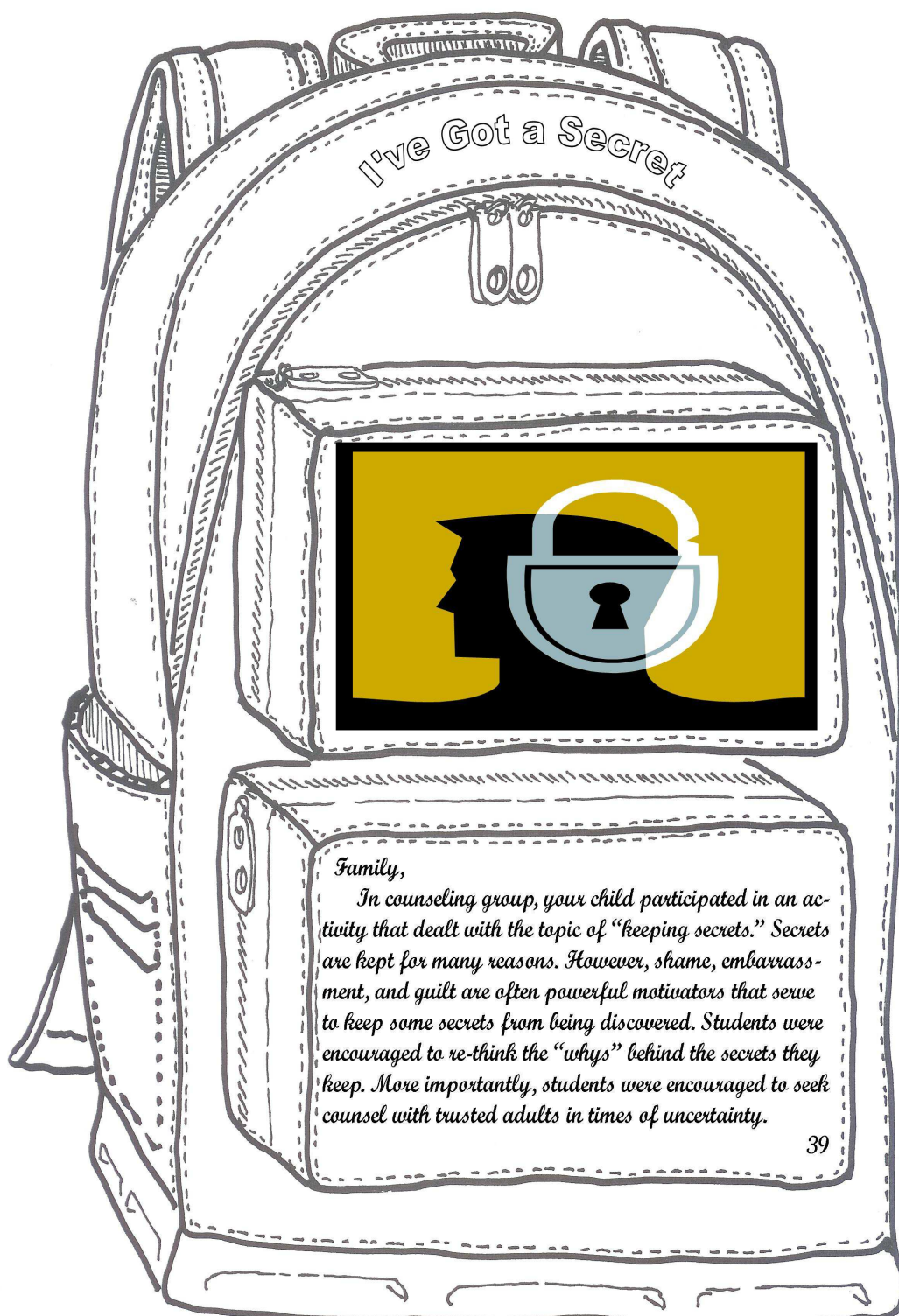


The Bridge



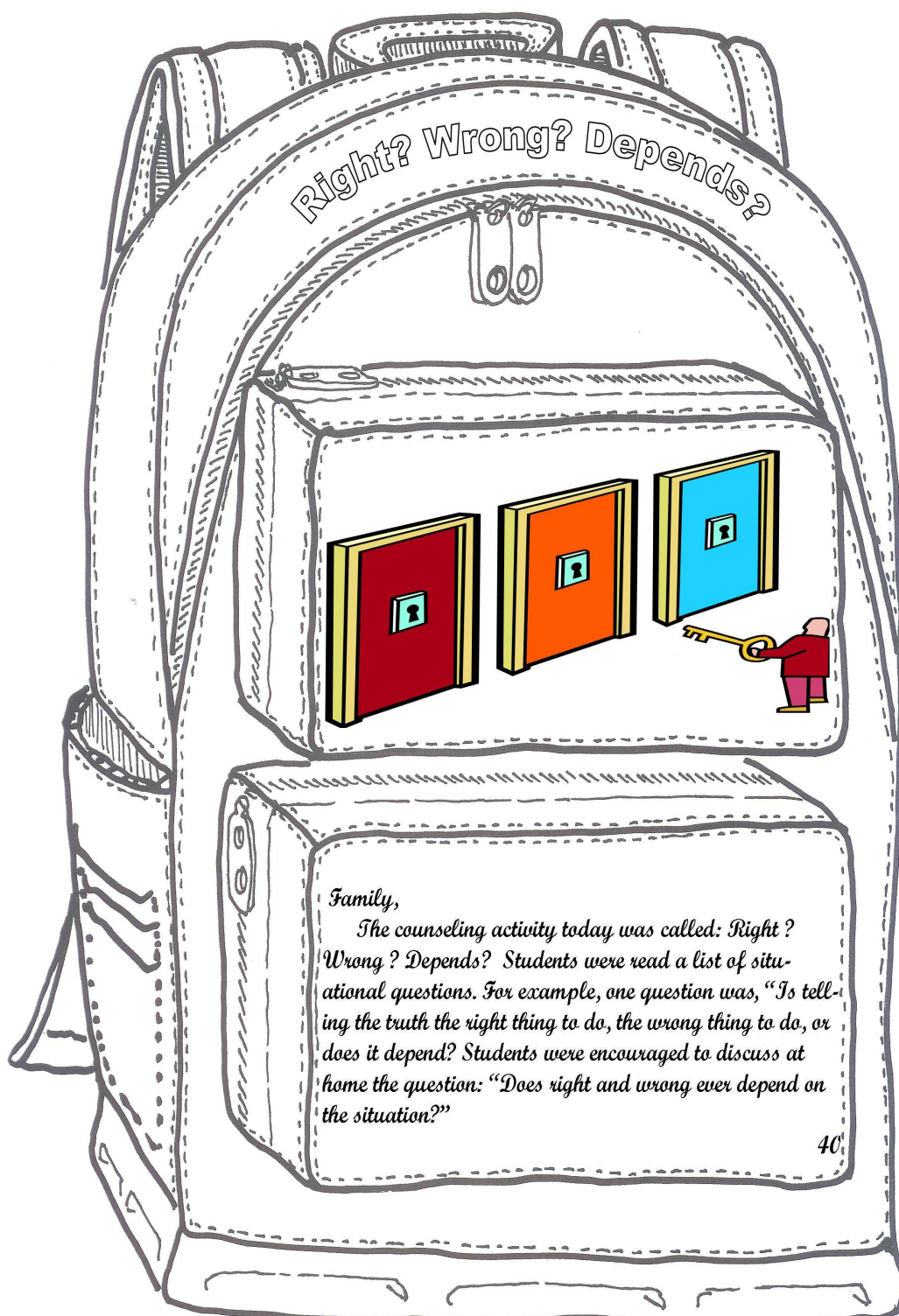
Family,

Your child was a bridge builder today! In counseling group, students participated in an activity that helped them understand how important it is to build a connection to their future. That connection from where they are now to where they want to be, may take years to complete and plenty of supports will come and go along the way, but no matter what... build that bridge!



Family,

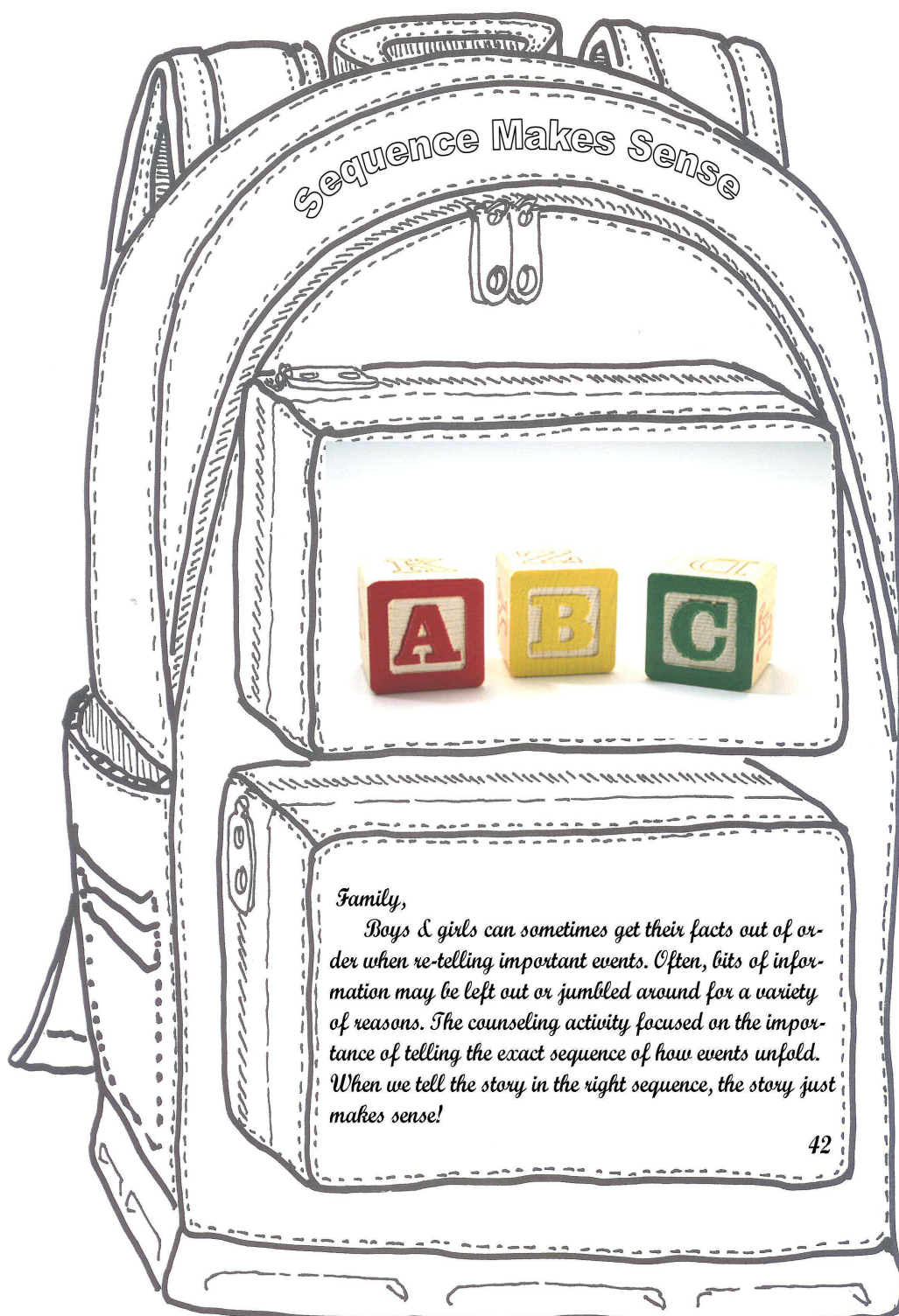
In counseling group, your child participated in an activity that dealt with the topic of "keeping secrets." Secrets are kept for many reasons. However, shame, embarrassment, and guilt are often powerful motivators that serve to keep some secrets from being discovered. Students were encouraged to re-think the "whys" behind the secrets they keep. More importantly, students were encouraged to seek counsel with trusted adults in times of uncertainty.





Family,

Did you know that all super heroes share the desire of wanting to help others and have the courage to see it through? Did you also know, real super heroes are promise keepers, friendship makers, and responsibility takers? Just ask your child who their super heroes are and what their super hero goals are!

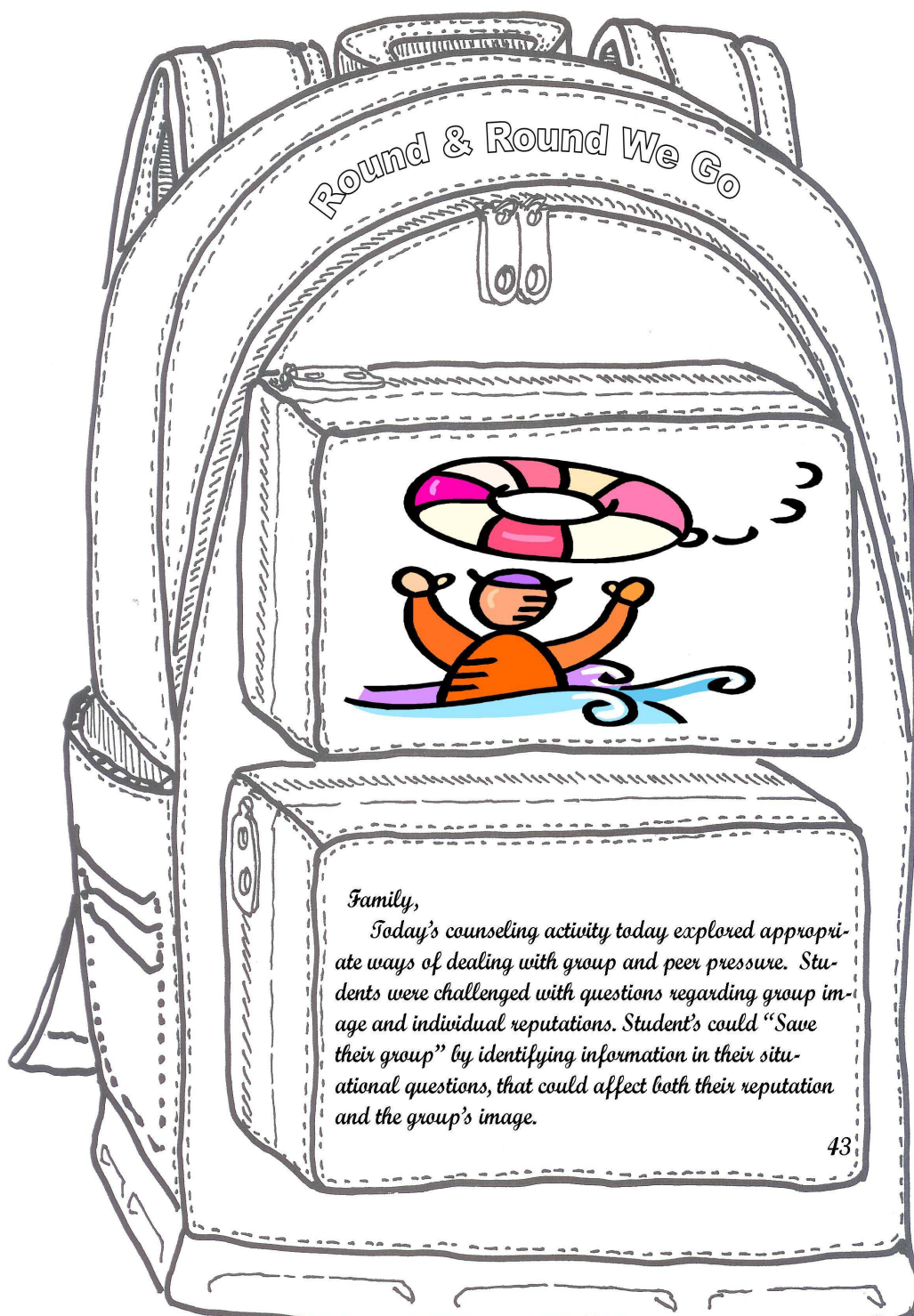


Sequence Makes Sense



Family,

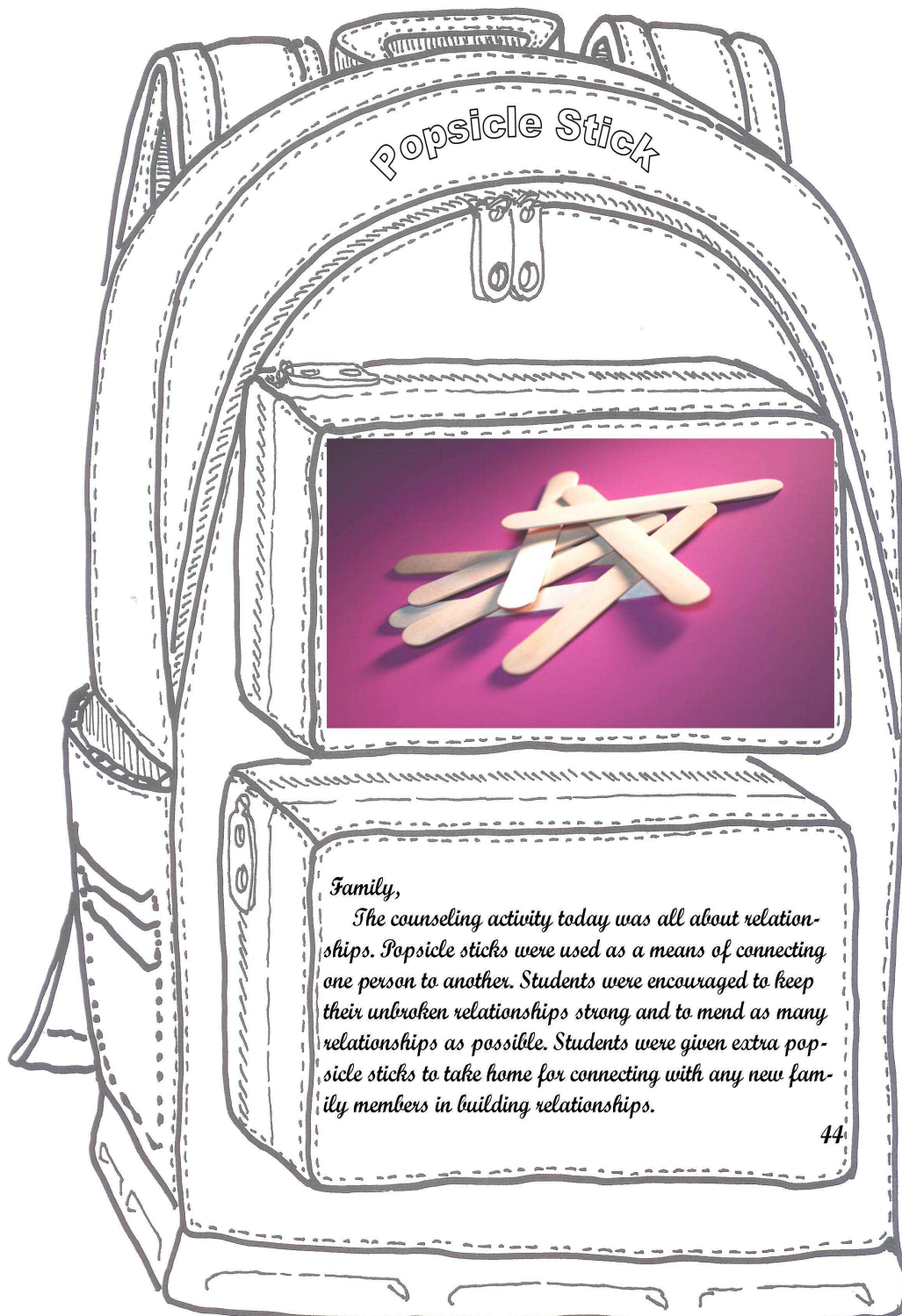
Boys & girls can sometimes get their facts out of order when re-telling important events. Often, bits of information may be left out or jumbled around for a variety of reasons. The counseling activity focused on the importance of telling the exact sequence of how events unfold. When we tell the story in the right sequence, the story just makes sense!



Round & Round We Go



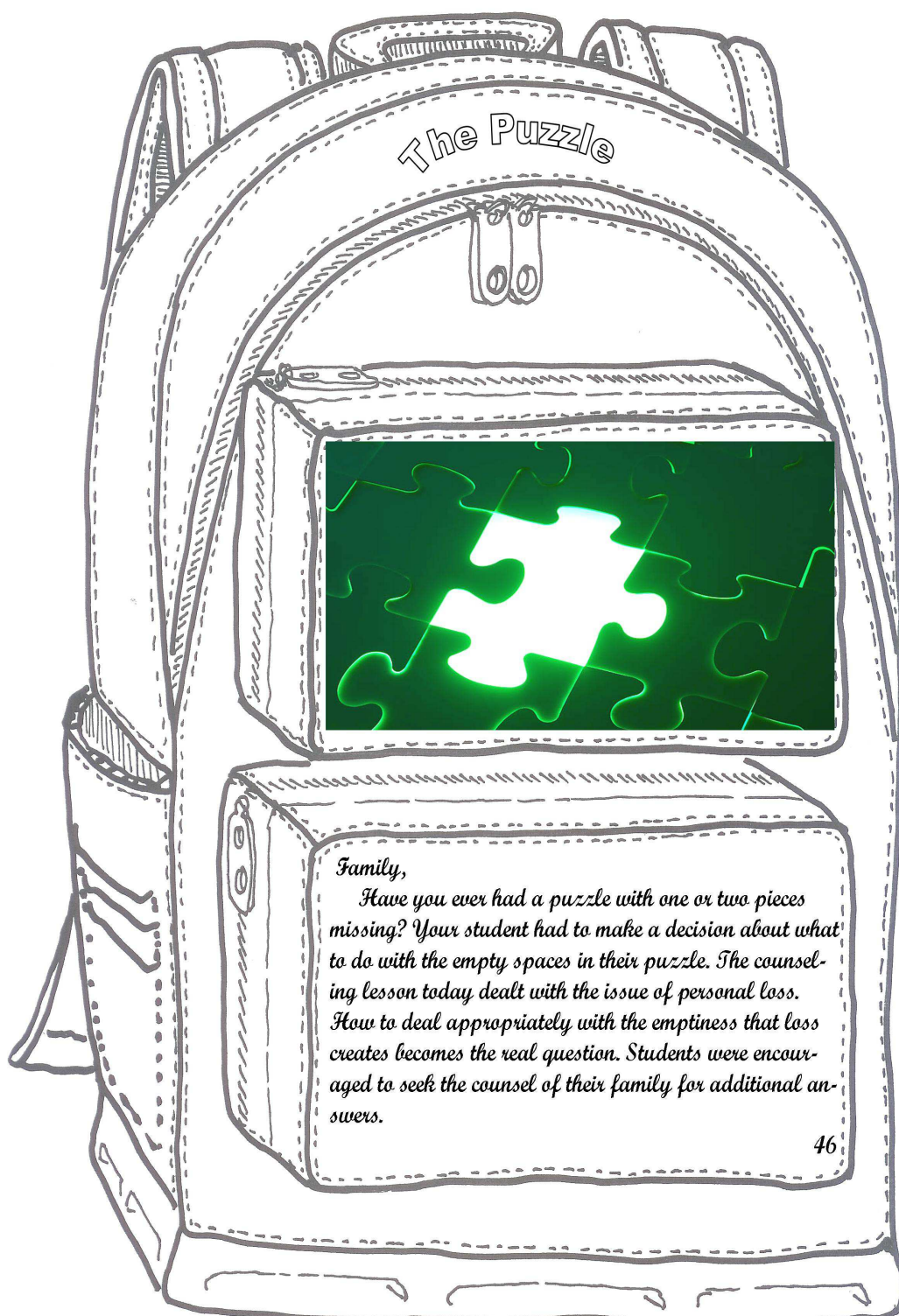
Family,
Today's counseling activity today explored appropriate ways of dealing with group and peer pressure. Students were challenged with questions regarding group image and individual reputations. Student's could "Save their group" by identifying information in their situational questions, that could affect both their reputation and the group's image.



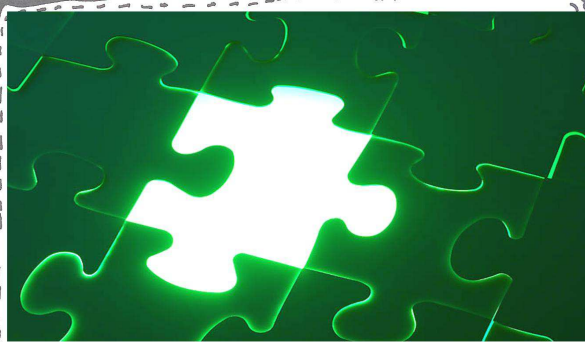
Family,

The counseling activity today was all about relationships. Popsicle sticks were used as a means of connecting one person to another. Students were encouraged to keep their unbroken relationships strong and to mend as many relationships as possible. Students were given extra popsicle sticks to take home for connecting with any new family members in building relationships.





The Puzzle



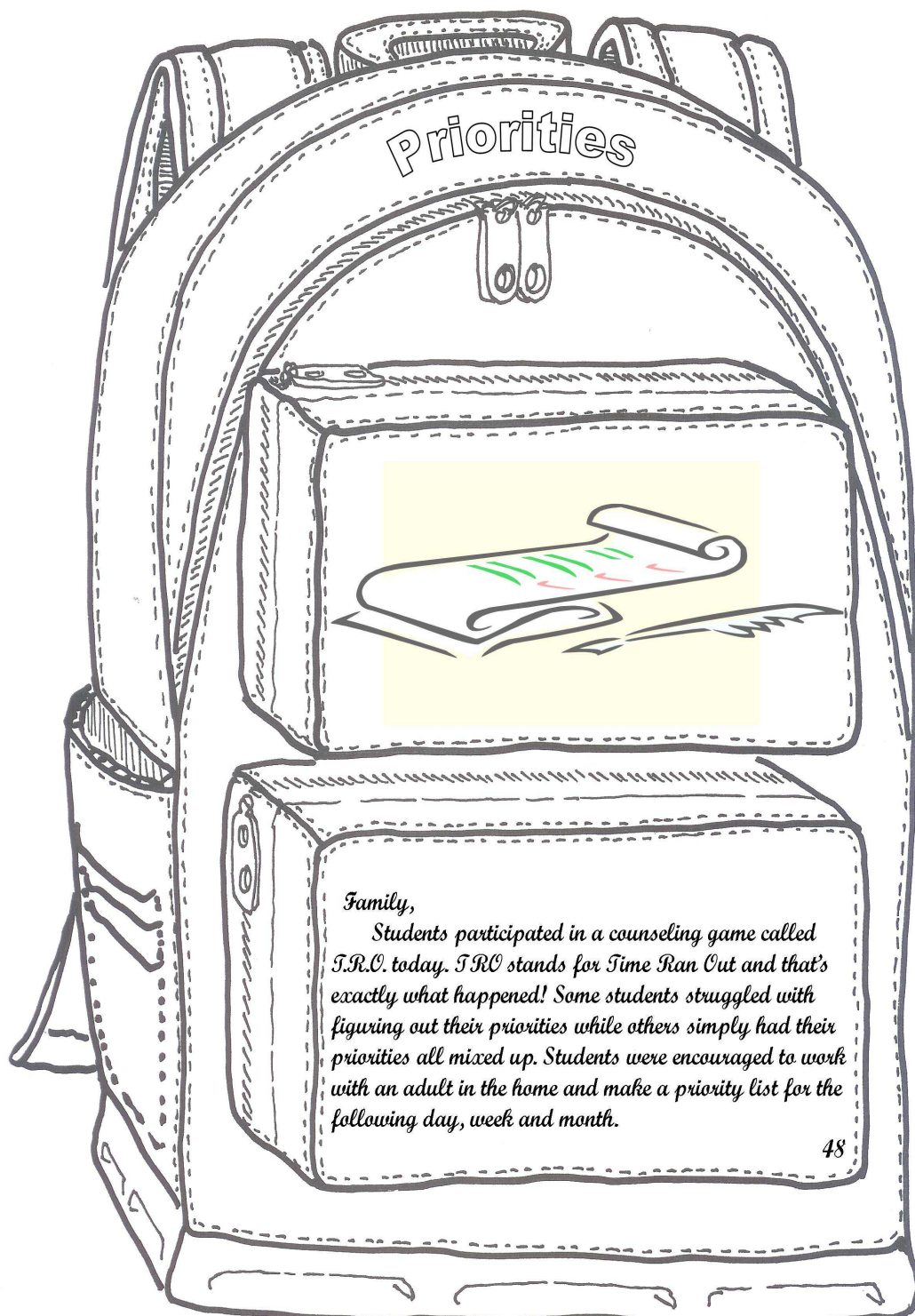
Family,

Have you ever had a puzzle with one or two pieces missing? Your student had to make a decision about what to do with the empty spaces in their puzzle. The counseling lesson today dealt with the issue of personal loss. How to deal appropriately with the emptiness that loss creates becomes the real question. Students were encouraged to seek the counsel of their family for additional answers.



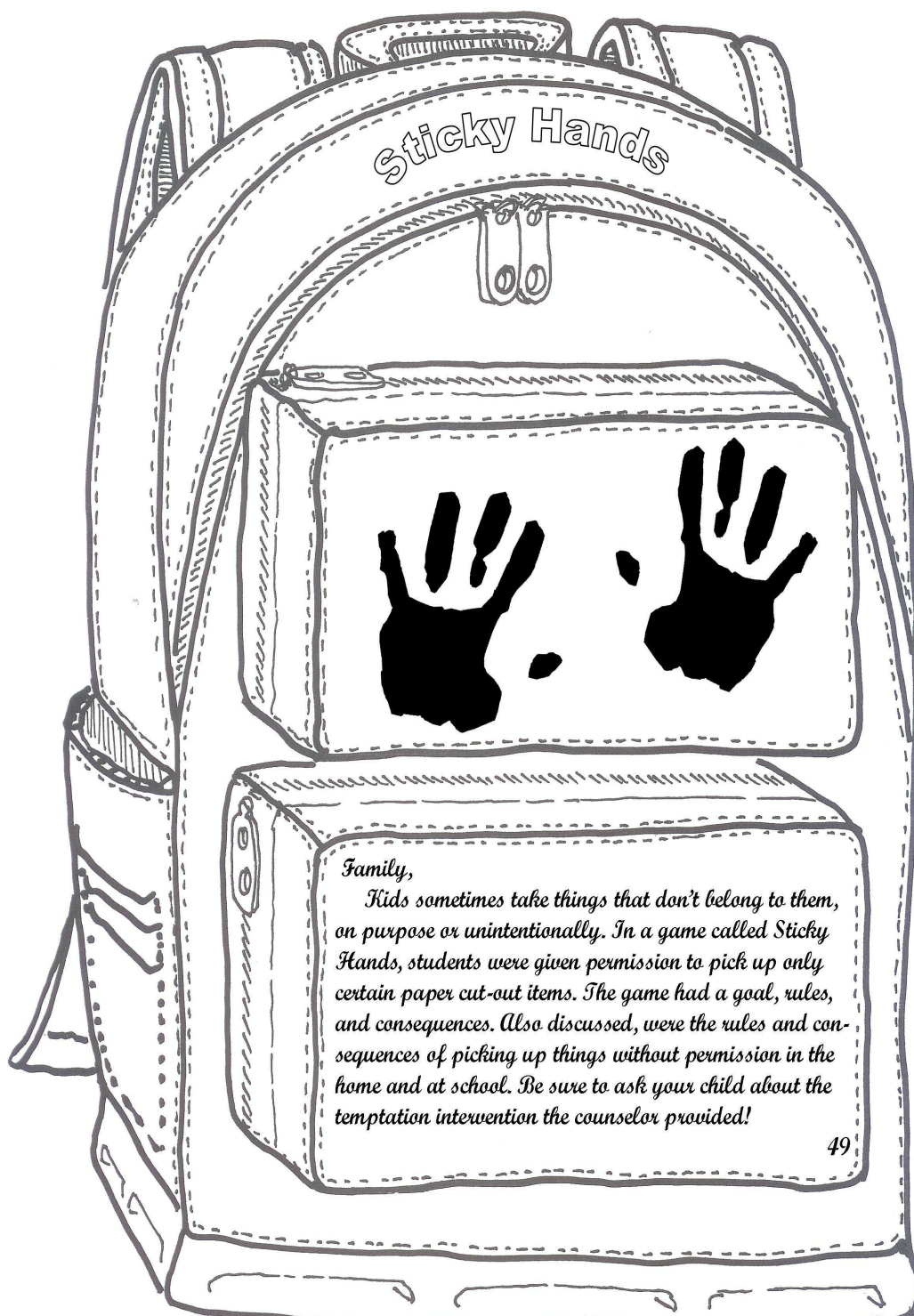
Family,

Taking chances and running risks are what many kids haphazardly do. In counseling today, students discovered that taking chances always involves the element of risk. In helping your child come to understand what's at risk, your child also began to understand the responsibility involved in taking chances.



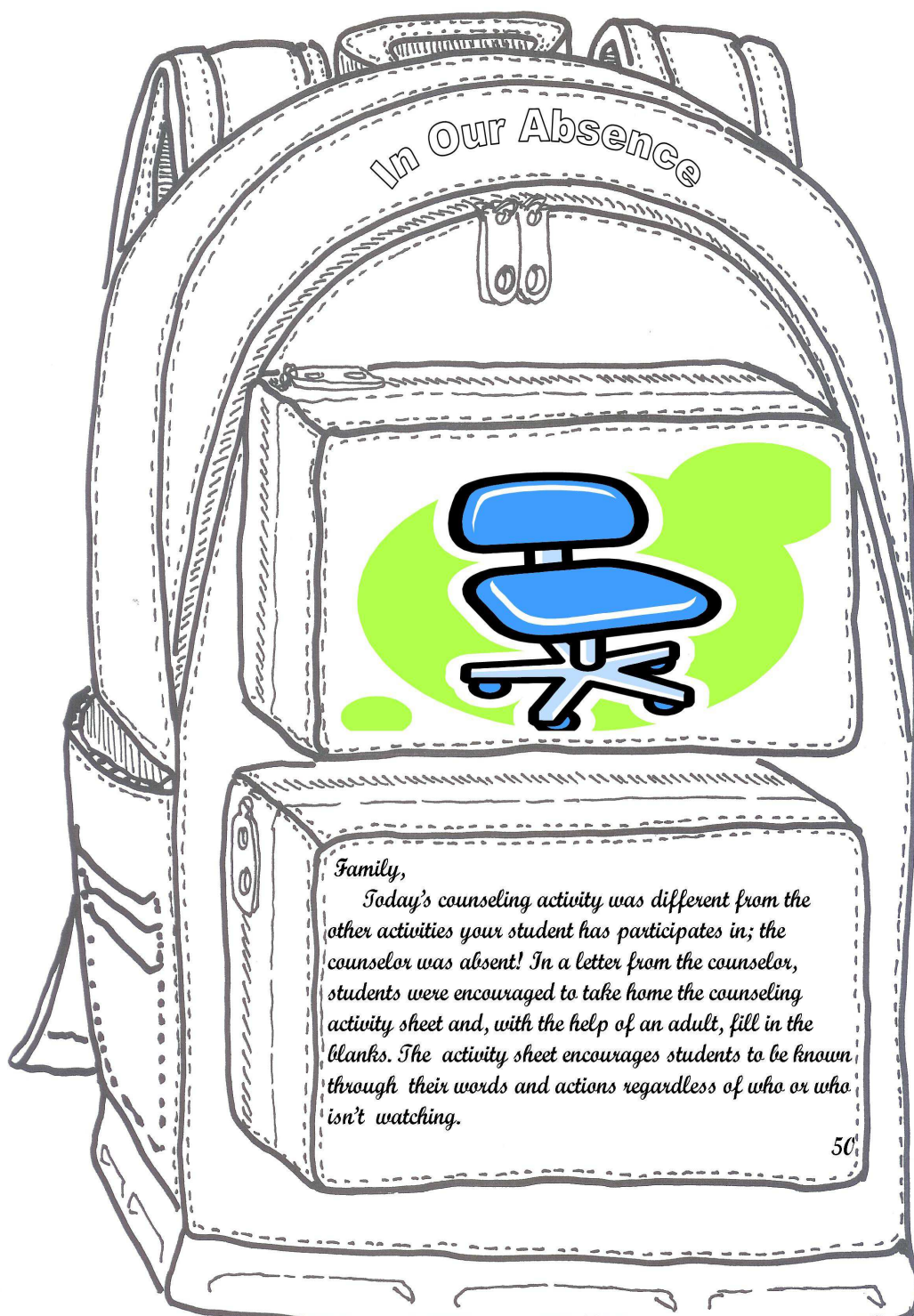
Family,

Students participated in a counseling game called T.R.O. today. TRO stands for Time Ran Out and that's exactly what happened! Some students struggled with figuring out their priorities while others simply had their priorities all mixed up. Students were encouraged to work with an adult in the home and make a priority list for the following day, week and month.



Family,

Kids sometimes take things that don't belong to them, on purpose or unintentionally. In a game called Sticky Hands, students were given permission to pick up only certain paper cut-out items. The game had a goal, rules, and consequences. Also discussed, were the rules and consequences of picking up things without permission in the home and at school. Be sure to ask your child about the temptation intervention the counselor provided!



In Our Absence



Family,

Today's counseling activity was different from the other activities your student has participated in; the counselor was absent! In a letter from the counselor, students were encouraged to take home the counseling activity sheet and, with the help of an adult, fill in the blanks. The activity sheet encourages students to be known through their words and actions regardless of who or who isn't watching.

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