

DECEMBER 2021

Counseling Connection

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The holiday season is upon us and we want to wish all our families a restful and wonderful time together during the upcoming winter break!

It's  THE SEASON FOR HOT COCOA 

winter break BINGO

HOW MANY ITEMS CAN YOU COMPLETE THIS WINTER BREAK?

 DECORATE COOKIES	 DO A RANDOM ACT OF KINDNESS	 HOST A FAMILY GAME NIGHT
 HOST A FAMILY MOVIE NIGHT	 MAKE A GINGERBREAD HOUSE	 READ HOLIDAY BOOKS
 LISTEN TO HOLIDAY MUSIC	 MAKE PAPER SNOWFLAKES	 TAKE A WALK WITH A FAMILY MEMBER

SEL Focus: Emotion Management

Students are continuing to work on "Emotion Management," in their classroom this month. In this unit, students learn how to identify and label their emotions and use emotion management strategies to calm down. Additionally, our upper grades will also learn about stress management and calming down strong feelings. Students are learning their internal physical cues and ways to appropriately express feelings. Some topics covered will be Noticing Feelings, Sometimes We Feel Sad, Take a Break, Different Feelings, and Rethink it and Making a Change.

Model & Practice It

10 POINT GROUNDING TOOLS FOR CALMING DOWN:

- 10) TAKE 10 DEEP BREATHS
- 9) NAME 9 THINGS YOU SEE
- 8) NAME 8 PEOPLE WHO SUPPORT YOU
- 7) NAME 7 COLORS YOU SEE
- 6) NAME 6 THINGS THAT MAKE YOU HAPPY
- 5) TAKE 5 DEEP BREATHS
- 4) NAME 4 THINGS YOU HEAR
- 3) NAME 3 THINGS YOU CAN TOUCH
- 2) TAKE 2 DEEP BREATHS
- 1) HOW DO YOU FEEL NOW?

Cultural Awareness

Kwanzaa is an African American holiday which celebrates family, community and culture. It was created in 1966 by Dr. Maulana Karenga. Kwanzaa is a seven-day cultural festival, begins December 26 and ends January 1. It joins communitarian values and practices of Continental African and African American culture.

During the holiday, families and communities organize activities around the Nguzo Saba (7 principles): Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work & Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity) and Imani (Faith).

Participants also celebrate with feasts (karamu), music, dance, poetry, narratives and end the holiday with a day dedicated to reflection and recommitment to The Seven Principles and other central cultural values.

(www.OfficialKwanzaaWebsite.org)

