

## April Guidance Lesson Theme:

# Trustworthiness

### Lesson focus...

Honesty helps us to sustain healthy boundaries with others in order to protect our safety and take care of ourselves.

In order to build trust with interpersonal relationships, we have to be honest about what situations cause us to feel okay or not okay and practice expressing these thoughts and feelings!

### Lesson focus...

What is okay for one person may not be okay for another. Students learned the importance of being honest about their boundaries and how to identify when a personal boundary has been crossed. Students created their own "Okay or Not Okay" boards to showcase where their personal boundaries lay for various situations!

### Follow-up at home by...

Help your learner identify what is okay and not okay for him/her and teach him/her strategies for managing things that may not be okay for him/her. Have your child give a thumbs up for things that are okay for him/her and a thumbs down for things that are not okay for him/her.

Some examples may include:

- Getting a hug
- Sharing a toy
- Playing a sport
- Petting an animal
  - Loud music
- Going to the doctors



Sincerely,

Mrs. Levine, School Counselor

