

## February Guidance Lesson Theme:

# Kindness

### Lesson focus...

Being able to solve problems is important for learning, independence, and confidence. Problems are a part of life and learning to make decisions, cope, and overcome challenges are valuable life skills.

When we are able to show ourselves kindness by taking the time to engage in emotional-regulation coping skills, we are better equipped at making helpful choices that demonstrate kindness and respect towards others.

### Important lesson takeaways...

- Problem solving requires being able to identify when there is a problem and what it is, how the perceived problem is affecting one's body and mind (i.e. how you feel), and utilizing coping skills to regulate one's emotions in order to choose and implement the best solution.
- Three coping skills students can use in order to solve a problem in a kind, helpful manner are...
  - ♥ Taking a deep breath (i.e. smell the flower, blow the pedals)
  - ♥ Counting up to 5 or down from 5
  - ♥ Thinking a happy thought

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

- Read stories to your child where characters face problems and ask your child to tell you what the problems are.  
Suggested books:
  - Late for School (S. Calmenson, S. Yoshikawa)
  - Alexander and the Terrible, Horrible, No Good, Very Bad Day (J. Viorst, R. Cruz)
- Once they have identified the problem, have them identify how they would feel facing that problem, practice a calming strategy, and identify a helpful solution.



Sincerely,

Mrs. Levine, School Counselor

