

COUNSELOR'S CORNER

BRIT DOTY, SCHOOL COUNSELOR

CHARACTER CONNECTION

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

Dr. Seuss

OCTOBER LESSONS

Kindergarten

Second Step Skills For Learning, Kelso's Choices, UNICEF

Grade 1

Second Step Skills For Learning, Kelso's Choices, UNICEF

Grade 2

Second Step Skills For Learning, Kelso's Choices, UNICEF

Grade 3

Mindfulness, Empathy, UNICEF

Grade 4

Mindfulness, Empathy, UNICEF

CHARACTER COUNTS WEEK

October 19th to October 23rd is Character Counts Week. We will have a variety of events and activities to encourage and celebrate character at Prairie Elementary School.

MINDFULNESS AT PRAIRIE ELEMENTARY

Mindfulness means noticing and focusing on what is happening right now with kindness and curiosity. It is paying attention in a way that helps you live a happier life. Students at Prairie are learning about and practicing mindfulness to help them:

- Improve Focus and Concentration
- Increase Sense of Calm
- Decrease Stress and Anxiety
- Improve Self Control
- Increase Self Awareness
- Skillfully Respond to Difficult Emotions
- Increase Empathy and Understanding of Others



Mindfulness is beneficial for everyone! It is easy to do and you can feel the benefits with just a few minutes of practice daily. One of the best ways to start is by using a tool such as the "Stop, Breathe, Think" app from *Tools For Peace*®. It's free and available for Android and iOS devices. Check out their website for more information:

<http://stopbreathethink.org/>.

MONTHLY RESOURCE: PARENT TOOLKIT - PARENTTOOLKIT.COM

The Parent Toolkit® is a comprehensive resource produced with parents in mind. It focuses on many aspects of child development, because they are all connected. Healthy, successful children can excel in many areas: in the classroom, on the court, and in their relationships with peers and adults. The website developers worked with experts across the country including classroom teachers, college professors, pediatricians, dieticians, psychologists, and parents, to make this online resource as useful as possible.