

COUNSELOR'S CORNER

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MINDSET MATTERS

A person with a growth mindset believes that a person's true potential can grow through learning, effort, experiment and determination. The ability to stick to something, even (or especially) when it's not going well, is the hallmark of a growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives. Someone who has a fixed mindset often places undue importance on appearances — looking talented or “smart” at all costs and with very little apparent effort — whereas as those with a growth mindset focus on continual learning and improving. Parents can encourage children to develop a healthy growth mindset with “process praise,” that encourages perseverance, hard work and accepting challenge. Examples of process praise include the following: “This was a tough assignment, but you stuck to it;” and “You had to work really hard, but it paid off.”

Source: <http://gender.stanford.edu/news/2015/understanding-mindset-success>

DECEMBER LESSONS

Kindergarten

Second Step - Feelings & Empathy, Mindfulness, Mindset

Grade 1

Second Step - Feelings & Empathy, Mindfulness, Mindset

Grade 2

Second Step - Feelings & Empathy, Mindfulness, Mindset

Grade 3

Mindfulness, Mindset, School Climate Survey

Grade 4

Mindfulness, Mindset, School Climate Survey

THE GREAT KINDNESS CHALLENGE - JANUARY 2016

“Nothing can make our life, or the lives of other people, more beautiful than perpetual kindness.”

~Leo Tolstoy



Do the **KIND** Thing.®

MONTHLY RESOURCE: THE MINDSET KIT - [MINDSET KIT.ORG](http://MINDSETKIT.ORG)

The Mindset Kit was created by The Project for Education Research that Scales (PERTS), a research center in the psychology department at Stanford University. Their goal is to create a place where educators and parents can learn about and find the most effective learning mindset materials available. All of the resources are based on research that has been carefully translated into lessons and practices intended to improve students' mindsets and make them better learners.

MANAGING STRONG FEELINGS - CALMING JAR

A Calm Down Jar is a great tool for children (and adults) to help manage strong emotions. There are many different types of calm down jars, but typically they are filled with glitter and can be shaken. The glitter shows how stirred up our mind and body can be with thoughts and feelings, such as anger or worries. Shaking the calm down jar is way of expressing feelings. By watching the glitter slowly settle and noticing our breathing, we learn how to regulate our emotions and allow thoughts or reactions to settle...just as the glitter settles. Eventually, we can see more clearly through the jar while we have taken a "pause" so that we can respond to a situation instead of reacting impulsively.

If your child is having difficulty handling their strong feelings, try asking them to sit and take some slow, calm breaths with the calm down jar for a few minutes and then come find you when they see most of the glitter has fallen to the bottom. Children usually start off by giving it a good shake, this helps get some of those feelings out. Then they often sit memorized by all the glitter swirling around and falling to the bottom of the jar.

Calm Down Jar Recipe

Supplies

- Clear Jar or Water Bottle
- Warm Water
- Elmer's Clear Glue
- Glitter - Any kinds or colors
- Food Coloring (optional)
- Hot Glue, Super Glue or Duct Tape



Procedure

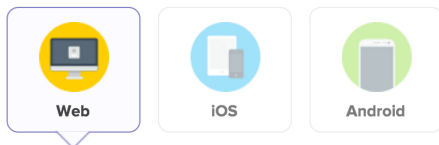
Pour warm water into the jar or water bottle until it is about 3/4 full. Add about 1/2 of a bottle of Elmer's Clear Glue (the more glue you add, the slower the glitter will settle to the bottom of the jar). Add as much glitter as you want. Add 1 drop of food coloring if you would like to. Put the lid on and shake hard to make sure your calm down jar/bottle is working it's magic. After your jar/bottle is just the way you like it, put the lid on and secure it with hot glue, super glue or duct tape. This would be a fun holiday project to try as a family.

CLASS DOJO - CLASSROOM MANAGEMENT APP



Class Dojo is a classroom management app that we are using in counseling lessons to encourage positive behaviors such as attentive listening, following directions, treating others kindly and having a positive attitude. Students are recognized for their positive behavior during classroom lessons and when the class meets specific goals they earn special privileges. Once a class earns their first 100 points, each student is invited to create a student account and customize their avatar. Please see the directions below for creating a student account and customizing a student's avatar.

Create a student account



From the Web

To create a student account, please obtain your student code from your teacher. It will be seven characters long and start with an "S."

- 1 Go to student.classdojo.com
- 2 Click "Sign up"
- 3 Choose a username, select your age from the drop down menu, and choose a password (make sure your password is at least 6 characters long)
- 4 Click the orange "Sign up" button
- 5 Write down your username to help you remember it
- 6 Click the orange "Okay, got it" button
- 7 Enter your student code and parent's email address and click "Submit"
- 8 Have your parent check their email to confirm your account! You'll need their permission to customize your avatar and view your points



On Task

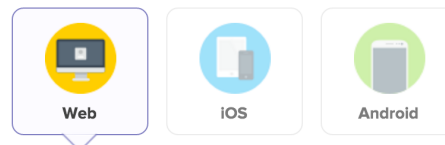


Helping Others



Persistence

Customize a student's avatar



From the Web

At this point in time, only your child can customize their avatar on ClassDojo, but it is quick and easy! Your child will need to create a [student account](#) first.

- 1 Click on the Customize Monster button
- 2 Make the desired changes to the avatar
- 3 Click on the "Save" button to save the changes and sync the new avatar up with the student's avatar that appears in class

Note: Your child cannot customize their monster until you have confirmed their student account. Please 1) click the link in the confirmation email we've sent you or 2) log into your parent account on the web and click the blue "Confirm Account" button under the "Your Kids" tab.