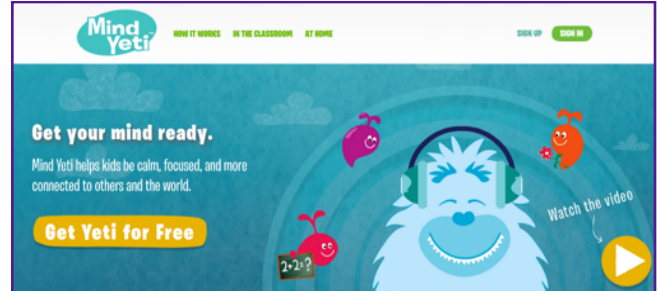


# COUNSELOR'S CORNER

BRIT DOTY, SCHOOL COUNSELOR

## MIND YETI<sup>©</sup>

Here's a cool new mindfulness tool from the makers of the Second Step<sup>®</sup> social-emotional learning program. Mind Yeti (<http://www.mindyeti.com>) can be used both at school and at home to help kids and their families be calm, focused and better connected to those around them.



## MAY/JUNE LESSONS

| Kindergarten   | Grade 1  | Grade 2  | Grade 3  | Grade 4  |
|--|--|--|--|--|
| <ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Perseverance</li> <li>• Safety</li> <li>• Transitions</li> </ul> | <ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Perseverance</li> <li>• Safety</li> <li>• Transitions</li> </ul> | <ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Perseverance</li> <li>• Safety</li> <li>• Transitions</li> </ul> | <ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Calming Strategies</li> <li>• Safety</li> <li>• Transitions</li> </ul> | <ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Calming Strategies</li> <li>• Safety</li> <li>• Transitions</li> </ul> |

## MONTHLY RESOURCE: CHILD & FAMILY WEB GUIDE

The Child & Family WebGuide (<http://www.cfw.tufts.edu>) from the Department of Child Development at Tufts University is a directory that evaluates, describes and provides links to hundreds of sites containing child development research and practical advice. Topics are selected on the basis of parent recommendations; they cover all ages, from early child development through adolescence. Online searches for many parent topics yield information that is inconsistent with child development research. The Child & Family WebGuide selects sites that have the highest quality child development research and that are parent friendly.

# PERSONAL SAFETY & PROTECTIVE BEHAVIORS

During the month of May, we will be covering personal safety and protective behaviors as part of our comprehensive school counseling program at Prairie Elementary. Students will be learning specific concepts and strategies that promote personal safety and develop empowerment in handling difficult situations.

We will be discussing body safety and the fact that each of us has the right to feel safe all of the time. It is important from a young age, that children learn that their body is *their body* and no one has the right to touch it inappropriately.

Students will learn the following key points:

- They have a right to feel safe at all times. The difference between good, nurturing touch and inappropriate or harmful touch will be discussed. Students will learn to identify and trust their feelings in the event of an uncomfortable or potentially dangerous situation.
- Some parts of our body are private and if someone touches their private parts, asks them to touch their private parts or shows them pictures of private parts, they should tell a trusted adult and keep on telling until they are believed. All students will be asked to identify several trusted adults that they feel comfortable with and can go to for help.
- There is nothing so awful that they can't share it with someone they trust. Students will learn the difference between good and bad secrets and that there are some secrets, such as someone touching their private parts, that should never ever be kept.

### Personal Safety & Protective Behaviors Materials

- *Some Secrets Should Never Be Kept* by Jayneen Sanders
- Video Reading by Debra Byrne: <https://youtu.be/4YjJ1MrZqs>
- My Body Safety Rules: [Body Safe Poster](https://goo.gl/4JdcL8) (<https://goo.gl/4JdcL8>)
- My Early Warning Signs: [Early Warning Signs Poster](https://goo.gl/WZTi9a) (<https://goo.gl/WZTi9a>)
- Parent Information & Resources: <http://e2epublishing.info/parents>

Please feel free to contact me with any questions you may have. You can contact me at (608) 849-2206 or [britdoty@waunakee.k12.wi.us](mailto:britdoty@waunakee.k12.wi.us). If you feel that your child should not be present for any reason, please let me know.

