

# COUNSELOR'S CORNER

## Munson Primary School

Katie Jacobs [kjacobs@usd263.org](mailto:kjacobs@usd263.org) 777-0151 ext. 1606

### Classroom Guidance

#### □ **Preschool Lessons**

Daniel Tiger Life's Little Lessons: Use Your Words

#### □ **Kindergarten-2<sup>nd</sup> Grade Lessons**

*Identifying the size of your problem:*

- Our goal is to teach that when a small or medium **problem** occurs, it is expected that the child shows a small or medium reaction (behavior) on the outside. The **size** of the reaction should match the **size of the problem**.

*Bounce or Splat*

- Bounce or Splat is a resiliency activity for coping and self regulation. Students will identify what it means to cope and move on from a problem, and will practice identifying how to cope.

*Resources for all lessons are found on my section of the usd263 website!*

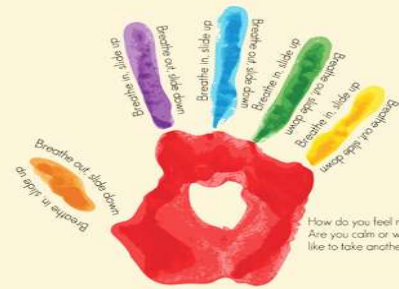
### November Update

This month we are continuing to focus on self-regulation strategies. We will work on identifying the size of our problem and matching the size of our reaction to the size of our problem.

#### **Calming Strategy: 5 Finger Breathing**

This is a wonderful way to switch off the stress response. It brings the body back into balance, slowing and deepening the breath and slowing down the heart rate, while harnessing the need to move with an action that requires focus and provides sensory feedback to our brains. Best of all, Take 5 Breathing is simple, enjoyable, free, and you can use it anywhere, anytime.

#### **CALM DOWN WITH TAKE 5 BREATHING**



How do you feel now?  
Are you calm or would you like to take another 5 breaths?

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.  
Keep going until you have finished tracing your hand.

© childhood101.com

### Family Holiday Assistance

Families,

If you are in need of Holiday Assistance or Thanksgiving Assistance, please check out my section of the usd263 website for resources. I will also leave fliers and applications for assistance in the front office where students are signed in. As always, give me a call or send me a dojo message if you have any questions!

Thanks!  
Mrs. Jacobs

