



Counselor's CORNER

Elizabeth Romo, School Counselor

THRS

“YOU BE YOU” MARCH THEME

For the month of March we will be talking about self-esteem in guidance class, a very important topic. Positive self-esteem is probably the single most important requirement for children to reach their full potential.

While self-esteem is important, it is also fragile. Parents will find that children vary in their ability to get and keep a positive self-esteem. Thus, having those home/school connections can give our students the support they need. In class we are focusing on the following questions: What do I like about myself? How can I take care of myself? And accepting differences.

Kindergarten students will read “You Be You” which deals with the love between a parent and a child and accepting them for who they are and their uniqueness.

1st graders will read “Carla’s Sandwich” which teaches children to accept other individuals’ differences while embracing their own.



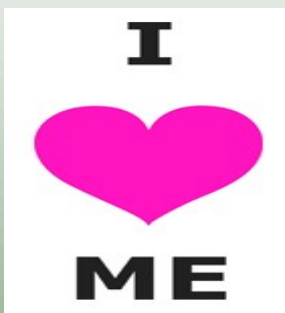
2nd grade will talk about “Spaghetti in a Hot Dog Bun” which is a story that empowers kids to do the right thing when faced with challenges.

3rd graders will read “The Dot” which deals with anyone having the fear to express themselves and realizing the power they have to leave their mark.

4th graders will read “Mufaro’s Beautiful Daughters” which is a story about sisters and the path that leads both to show one’s true character.



Middle School students will discuss school and real world connections, revisit the responsibilities students have while in school with peers, teachers and at home.



Self-Esteem Home Connection

The following are some do’s and don’ts for developing self-esteem:

DO’S:

- ~Do tell your children that you love them and that you always will.
- ~Do play with your children.
- ~Do spend private time with each child.
- ~Do model a positive self-esteem and don’t run yourself down.
- ~Do recognize and praise good behavior.
- ~Do encourage your children to have high but realistic goals.

DON'TS:

- ~Don’t ridicule a child’s feelings or expres-

sions of insecurity.

~Don’t take good behavior for granted and comment only on misbehavior.

~Don’t compare siblings and encourage them to compete.

~Don’t use derogatory names.

~Don’t demand perfection.

I would like to share the internet sites below for parents to view on their own or with their children.

Websites:

http://kidshealth.org/kid/feeling/emotion/self_esteem.html

Self-esteem tips (for kids)

http://kidshealth.org/parent/emotion/s/feelings/self_esteem.html

Self-esteem tips (for parents)

http://www.childdevelopmentinfo.com/parenting/self_esteem.shtml

How to help children & teens develop a positive self-image

Please give me a call if you have any further questions or concerns about how to help increase your student’s self-esteem.