



Counselor's CORNER

Elizabeth Romo, School Counselor

THRS

“I CAN BEE THE BEST ME” APRIL THEME

This Spring the students at THRS will focus on putting forth their best self. It is important that they understand they are in control of their actions and words and the impact they have on others. During guidance lessons this quarter we'll be talking about how to work on being the best they can "bee" in the future.

Kinder and First graders will be learning how important sharing is to being a cooperative classmate and friend. Their sharing skills will be tested as they are required to complete a task in a group with limited materials. Sharing is something that can be practiced at home with siblings, during play dates or even with adults.

Second graders will review the book "How Full is Your Bucket" and learn the importance of being a bucket filler and not a bucket dipper. We will also review the differences between being rude, mean, and how it can progress to bullying and the steps to report this. People who fill others' buckets with kind words and actions not only help others to feel good but feel good about themselves too. Ask your child if they have filled someone's bucket today.

Third graders are focusing on being their best selves by being careful of the words that they say. Classes will read the book, "Just Kidding" and talk about the importance of thinking before we speak and act. Classes will visually

see how hard it is to take back the words they "squeeze out." Ask your child what we did with a tube of toothpaste.

Fourth graders will begin talking about the transition to the Middle School and will learn ways to make the transition smoother.



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

Ways to Encourage Social Skills at Home



Parents are fundamental contributors of their child's success. A home environment that promotes academic and social success is important. Parents can support academic success by making sure the child completes all homework, studies for tests and completes projects on time, Parents can also support a child's social skills by practicing at home. Some of the important social skills parents can work on include: taking turns, helping others, sharing, asking for help, following directions, listening, solving conflicts,



expressing feelings, initiating conversation and using good manners.

Discuss with your child the need for social skills. It is important not only to use these at school but also in life. Brainstorm with your child social skills they need to work on.

Work on one social skill at a time. Create a chart to list the skill and record how your child is doing. Talk about the social skill. Make a list of what the skill looks like and sounds like.

Practice the social skill. Use role playing so your child can use the appropriate behavior in a social setting. Pause, reflect, and review the skill.

Celebrate your child's social successes. Talk to your child about these activities anytime during the day. Use a family meal time as an opportunity to practice these skills. A good time to discuss issues with your child can be a car ride or as you tuck them in at night. Be a good role model for your child. Often times they replicate what they see. If you need more resources you can always contact me.