



Hello TES families!

I can hardly believe that it is already October! Although the weeks have flown by, the days may still seem extra *long* for your kiddos! The TES staff knows that the start of this school year has been a BIG adjustment for your little ones and we will continue to give them the support and encouragement they need!

Over the past 5 weeks, I have had the pleasure of teaching weekly SEL lessons to ALL students! And what a joy it has been to get to know all of their special, silly, funny, and unique personalities! Some of the lessons we have covered so far have included : The role of the school counselor, character education (classroom/school wide expectations),and respect. Our lesson on respect involved the students sharing what respect looks like to them.We brainstormed ideas on what the world would look like, if *everyone* showed respect and kindness to one another-it was truly amazing to hear all of their wonderfully inspiring thoughts and ideas 💜

The next few SEL lessons will focus on positive self-talk. Positive self-talk is when we speak to ourselves (and about ourselves) in a kind and optimistic manner. Positive self-talk can have a big impact on how we think and view ourselves. Research has shown that *engaging in more positive self-talk can help reduce stress, improve self-esteem, increase motivation, inspire productivity, and improve overall mental and physical health.*

Here are some ways to promote positive self-talk with your student-

Model it. Practice using positive thinking skills aloud when talking about yourself and others. A simple way to start is with positive thoughts in the morning such as, *“Today is going to be a great day”* or *“I’m ready for whatever the day brings me”*. It is also helpful to highlight the positives in a difficult situation, by saying things like *“You had a tough day, but tomorrow will be better!”* or *“We all make mistakes and that’s how we learn and grow”*

Optimism is contagious 😊

Practice changing negative thoughts into positive ones- You can do this with made up or real life situations. For example, “this is too hard” can be changed to-“this may take some extra time and effort” or “I made a mistake” can be changed to “Mistakes help me improve”

Use positive affirmations- Have your child practice saying positive things to themselves! Have them look in the mirror and say things like “I am amazing” “I am a good friend” “I am good at math” “I am brave”. It may feel unfamiliar at first but having your child get into the habit of saying positive things about themselves is a valuable and lifelong skill. Here is a list of [Positive Affirmations](#).

Thank you!

Mrs.Clark

School Counselor 