



## November Counseling Update

Hello TES families-

It is November and officially starting to feel like fall, here in Templeton! Big changes are taking place at TES, as we gear up for our new, in-person schedule. With all the changes taking place, the one thing that has remained consistent, is the joy and happiness that your students bring to us!

Over the past few weeks, I have worked with your students on coping strategies and mindfulness. We worked on various methods to help with stress management and expressing our feelings. As I continue to work with your student for Social-Emotional Learning sessions, we will be covering new topics every month.

For the month of November, I thought that teaching the students about empathy, gratitude and kindness, would be the most fitting way to start the holiday season.

**Benefits of teaching gratitude-**Gratitude supports social and emotional development by helping students understand others' feelings (perspective-taking), practice empathy, and learn the power of

kindness and appreciation. It allows students to focus on what makes them feel happy and find time to appreciate those things. Research shows that people with daily gratitude habits are healthier, more empathic, have higher self-esteem, and even sleep better!

**TIPS** to practice gratitude-Practicing gratitude can be as simple as having your child express one thing they are grateful for each day. You can use prompts like: "What is something good that happened today?" or "What is something that makes you feel happy?"

**Be Kind**-Kindness gives children (and adults) an overall sense of well-being, increases energy, and gives feelings of positivity, self-worth, and higher self-esteem.. Studies have shown that kindness activates the "joyful" area of the brain. Being kind increases happiness and decreases stress!

**TIPS**-Showing kindness can be done in many ways! Here are a few ideas to teach your child about acts of kindness.

- Leave someone a kind note (or draw a picture)
- Compliment someone
- Smile at 10 people
- Clean up after yourself
- Donate old books, toys, or clothes

Wishing all of our TES families a happy and safe holiday!

-Mrs.Clark-School Counselor