



## October Counseling Update

**Hello TES families!**

I can hardly believe that it is already October! These past few weeks have flown by! Your students have been working SO hard and are demonstrating such resiliency and perseverance, through these challenging times!

I have been meeting with your students for Social-Emotional Learning, every Friday. Over the past few weeks we have spent time getting to know each other, by playing games and sharing fun stories. In the next few weeks to come, I will be going over topics about feelings recognition, stress management and coping strategies.

Our kiddos have a lot of feelings, but sometimes they just don't know how to express them! We are going to be learning how to identify these feelings, and develop emotional vocabulary. This will help our students learn to talk about and express how they are feeling.

We will also be going over different coping and mindfulness strategies, to help deal with feelings of anxiety, sadness, and anger. Almost all of these strategies can be easily done at home and can help students regulate their emotions.

### **What is mindfulness?**


Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

## How does mindfulness help your child?

Mindfulness exercises will help your child get in better touch with their thoughts and feelings. With increased awareness of how they're feeling in the moment, comes less emotional reactivity and a greater ability to listen and communicate more thoughtfully and effectively.

**Here are a few calming/mindfulness strategies that you can use anytime!**

- **Belly breathing**-Taking deep breaths, in through your nose and out through your mouth. I tell the students to count to 3 in their heads, on both the inhale and exhale. The students can place their hands on their tummies, to help them focus on their breathing.
- **5-4-3-2-1-Grounding exercise**-Take a deep breath and focus your attention on the present moment. List **5** things you see, **4** things you feel, **3** things you hear, **2** things you smell, and **1** thing you taste. **(This is a great exercise to do outside, when you think your child could use a break from the computer!)**
- **Hug it out!** -Hugging releases oxytocin, which is a chemical that helps us feel loved and connected. Just a 20 second hug can make a difference in your child's mood!

These are just a few of many calming and mindfulness techniques that can be used with your child. As you know, your child is a unique individual. What works for one student may not work for another. The most important thing is that your child knows you are there to support them 

**-Mrs.Clark-School Counselor**