Mrs. Kelly’s Counseling Highlights

Elementary Guidance (K-4th)

This month students participated in a collaborative media and guidance lesson. Students in K-2 read and discussed the topic of anger and how to use appropriate coping skills to alleviate angry feelings. Children learned that they have choices when they are angry and that these choices have an impact on their relationships. The lesson helped students to remember that God always forgives and desires to help! Students in 3rd and 4th grade watched a Common Sense Media lesson “Power of Words”. In this lesson they learned about and discussed issues related to digital citizenship, online safety, and what to do when someone is “trash-talking” or sending mean messages. The importance of this lesson was evident when the classes were asked if they participated in activities (such as gaming and posting) online with people they didn’t know. About 40% of our 3rd grade students and 57% of our 4th grade students said yes to this question. Students were encouraged to continue to talk to their parents and family members about safe online behavior.

You may use the following resources to review these lessons with your child.

K-2: “Mad Maddie Maxwell”
https://www.youtube.com/watch?v=CcZBp3QG1ss

3-4: “Power of Words”
https://www.commonsensemedia.org/educators/lesson/power-words-4-5

Leadership Academy (5th – 6th)

Students in grades 5 and 6 had their first Leadership Academy lesson. The classes did a great job of discussing the intrinsic and extrinsic motivation that drives people to achieve their goals. They learned about Zach Hunter, an author and abolitionist, who began his journey at 12 years old to help end slavery around the world. Students then spent time thinking about their own dreams and goals. Examples included: “To be a pastor”, “To sky dive”, “Write a book”, “Invent something”, “Own a restaurant”, “To be a veterinarian”, “Be more like God”. When students set goals they have direction and a purpose for doing their best. Many students have started their chosen leadership groups. Please continue to talk to your children about how these groups are going and the importance of being responsible for their
participation. Several teachers and younger students have complimented these leadership groups and we look forward to hearing more about what they will accomplish this year!

More on goal setting:  