

Hello OLG Families!

Below is a brief summary of what we covered in SEL classes this week and how you can reinforce the lessons at home.

- **PreK:** We continued exploring feelings and how we can tell how someone is feeling - by looking at their eyes, mouth, cheeks, and other body language. This week we discussed feeling surprised or scared.
- **K:** Practice, practice, practice helps us get better! At home, encourage your child to choose something they want to get better at. Set aside a few minutes each day for them to practice and highlight the progress they make.
- **1st:** We practiced using helpful thoughts to encourage ourselves when learning something new. Try asking your student to suggest some helpful thoughts that will encourage you or another family member in completing a challenging task.
- **2nd:** We explored how to replace an unhelpful thought with a helpful thought that helps us keep going when learning feels hard. Try asking your student how changing an unhelpful thought to a helpful one can help them.
- **3rd:** This week we started a new unit on Emotion Management, learning about how emotions give us important information about what we want or need.
- **4th:** Students learned about how to rethink a situation and how that can help us calm a strong emotion. Share with your child a time when rethinking a situation, or thinking about it in a different way, helped you feel better.
- **5th:** This week we started a new unit on Emotion Management and discussed how it's possible to anticipate times that make us feel strong emotions.
- **6th:** Students identified the difference between bullying and joking around, and recognized that joking can escalate and become bullying. Share with your student a time you witnessed or experienced bullying and how it made you feel.
- **7th:** This week students looked at the differences between sexual harassment and flirting. Remind your student that it is important that they tell you if they experience sexual harassment. If you feel comfortable doing so, share an example of sexual harassment you or someone you know has experienced and how you or they dealt with it.
- **8th:** Students considered other people's attitudes and beliefs about bullying and harassment, as well as their own. If you can, share your thoughts and feelings around bullying and harassment with your child. Find out where you agree and disagree and have a respectful discussion on these challenging topics.

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