



# COUNSELOR'S CORNER

**MARCH UPDATES  
FROM  
MRS. BOBROFF**

## NURSERY

We are learning about feelings—how to identify them (such as mad, happy, and disappointed)—as well as practicing personal space and using calm-down techniques.

## KINDERGARTEN

We are practicing our skills to identify our feelings and are using a variety of coping tools to manage them—we especially love starfish breathing!

## 1ST GRADE

We are identifying our own emotions and learning what to do when BIG feelings show up. We have practiced “stop and name the feeling”, then we choose a calming strategy, and use words to express what we need.

## 2ND GRADE

We are learning that everyone can feel differently about the same situation, how to respect others’ feelings, and how to respond kindly, even when we disagree.

## 3RD GRADE

We have been focusing on managing strong emotions and we are learning how showing compassion can help and support one another.

## 4TH GRADE

We are diving deeper into empathy and compassion. We talk about noticing when someone might feel hurt, choosing inclusive behaviors, and supporting one another in positive ways.

## 5TH GRADE

We are focusing on managing stress and frustration, handling situations that feel unfair, and choosing healthy responses.

## 6TH GRADE

We have been working on using our executive functioning skills while prepping for our transition to middle school!