

# COUNSELOR'S CORNER

## MARCH SEL THEME: Personal Responsibility

### WHAT IS PERSONAL RESPONSIBILITY?

Personal responsibility means doing the things that we are expected to do, and accepting consequences for our choices.

### WHAT IT LOOKS LIKE

- follows through on promises and commitments
- is dependable
- does what needs to be done without being asked
- accepts blame
- does the right thing even when no one is watching

### HOW CAN YOU HELP YOUR CHILD WITH THAT?

- Model It - The most impactful way to teach your child responsibility is through modeling. Discuss with them about the importance of making commitments and sticking to it.
- Let Them Help - Let your child help you with different tasks around the house. This helps to build confidence and self-worth, and teaches them how to complete different tasks.
- Understanding Consequences - Discuss with your child that each choice we make either has a positive or negative consequence. Being responsible means we make choices that are going to help give us the best possible outcome or consequence. Give them opportunities to make good choices, and also discuss with them when they did not do or forgot one of their responsibilities.
- Chores - Start with small tasks and gradually add more as they get older. Giving them age-appropriate chores helps to build responsibility.

### BOOKS TO READ:

- But It's Not My Fault by Julia Cook
- I Just Forgot by Mercer Mayer
- It's Not My Fault by Jory John
- Arthur's Pet Business by Marc Brown
- The Paperboy by Dav Pilkey

### CONTACT ME

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