

Jim Stone Elementary School
Counselor's Corner
November 2017

4255 College Ave. Conway, AR
(501) 450-4808

<http://jses.conwayschools.org>



Thankfulness

How do I contact Mrs. Haynes?

If you ever need me for any reason, please feel free to email, call, or stop by and make an appointment to see me.

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Thankfulness

*Thankfulness means feeling or expressing gratitude; appreciative

* How to be Thankful in the Moment:

- **Tell someone you appreciate them.** So often life gets busy and you forget to tell people that they matter, that you've noticed what they do and it means a lot to you. People will remember you more fondly if you thank them.
- **Give back.** Being thankful isn't just about telling people you are thankful, it's also about giving back to your community and to your friends. Do something for the people in your life who have helped you or for people you don't know.
- **Focus on intention.** When someone does something nice for you-gives you a gift, brings you a hot meal, offers to read over your homework-focus on how someone tried to bring something good into your life. Someone gave up their precious time, or money, etc. to do something for you.
- **Just say thank you.** Speaking the words aloud can help cement the feeling of gratitude in your life. Not only that, but it helps others to know that you are thankful for the things that they have done for you.

What is going on in guidance in November?

*Classroom Guidance:

- We will discuss the word, thankfulness. We will discuss what we are thankful for in our lives.
- Read Aloud books to reinforce Thankfulness:
 - Being Thankful by Mercer Mayer
 - I'm Thankful Each day by P.K. Hallinan
 - The Thankful Book by Todd Parr
 - Thanksgiving by David F. Marx

*Small Group Counseling:

- We will be discussing Handling Anger. If you would like for your child to be a part of this small group, please let me or your child's teacher know! We will do various activities to help your child with handling their anger.

Resources for School Success...

Helping your child Understand and Master Anger

<http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children>

Dealing with Anger <https://www.kidsmatter.edu.au/families/resources-support-childrens-mental-health/about-feelings-and-emotions/anger>