

Counselor Connection

January 2019

Trinity Elementary

Mrs. McGuire



What's inside!

- **Happy New Year**
- **January Guidance Lessons**
- **Monthly Social Skills**

Happy New Year

Happy New Year! I hope you all had a wonderfully blessed and relaxing (is that even possible?!) holiday. Following up after the holidays can be tough for kids and adults alike. We just spent a good month or more indulging ourselves in good food and goodies, as well as emptying our wallets to ensure we have a great holiday. There was so much to look forward to and now what is there? January and February can often feel like a year long after a month of joy and thanksgiving. I've made it a personal goal of mine these next couple months to make sure I take care of myself and I encourage you to do the same! Taking care of ourselves helps us be present with those around us. I hope the beginning of the year brings you excitement for fresh starts and hopefully warmth (long shot, I know).

Best,

Alyson McGuire

January Guidance Lessons

For guidance lessons this month, we are going to be learning about perseverance. This topic is so important for students (and adults) to learn. The overall theme of this month is how do we keep going, even if it's hard? I see a lot of students give up or shut down when something gets difficult, or they are frustrated, and while it's often a warranted response, I want to help teach them ways to move through that, and give them the sense of accomplishment afterwards. During each lesson, I will be giving them a challenging activity that will probably frustrate them, then we get to talk about how to work through that frustration and keep going even when we want to give up. I could spend a whole year working on this skill with students! I hope you will help me by encouraging your students to never give up, and praising them when they work through their frustrations! I look forward to encouraging them this month.

Monthly Social Skills

We have a monthly assembly with all of our students and during these assemblies I am working on teaching the Boys Town Social Skills. We work on a couple each month and I thought I would share with you what we have been working on so far.

- Listening
- Following directions
- Appropriate voice level
- Greeting others
- Getting the teachers attention
- Asking for help and permission
- Staying on task