

DELTA NORTH ELEMENTARY

SCHOOL COUNSELING PROGRAM

SOCIAL-EMOTIONAL LEARNING CLASSES



Every student in every class will receive a social-emotional learning lesson as part of their specialty rotation every 6 days. During that time, I teach our students the 7 Habits for Highly Effective Kids using books, technology, games, and activities. Each month, your student will bring home a Counseling Corner newsletter. It will inform you of the Habit we are learning about that month as well as at-home activities you can do with your students.

GROUP COUNSELING

Group Counseling is available for students who can benefit from additional support. For a student to receive group counseling, their parent or legal guardian must sign a permission slip. Groups are held for 6-8 weeks depending on the curriculum.

Counseling Groups Offered:

- Managing Grief- Surviving the death of a loved one
- Strong Kids: Learn about emotions including managing anger & anxiety
- Inhale, Exhale: Learning to live mindfully with stress
- Caught in the Crossfire: Children dealing with divorce
- Super Heroes: Social Skills

CALM ROOM

Our school has a calm room located in the back of the counseling office. Students may use the calm room throughout the school day with permission from their teacher. This gives students a private space to regulate their emotions through a variety of calming strategies. Students will be taught the "Calm Room Procedures" during the first week of school.

