

COUNSELOR'S CORNER

Delta North Elementary School

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A Message From Mrs. Fowles:
This September was a successful start in introducing our 2nd & 3rd graders to their new school. It has been wonderful getting acquainted with all of them. Parents, please remember that Ms. Roper and I teach a weekly Character Education class to all students for them to learn essential skills for their future success in their career field and their lives! This year we are using both the 7 Habits for Highly Effective Kids and The Toolbox Project Curriculums.

In September, students learned how to be proactive. They also learned how to using the Breathing Tool and Quiet Safe Place Tool. On the back of this newsletter there is a copy of the tools we will be teaching students all year. You can use this at home by hanging the Toolbox Poster on your fridge and referring to it when anyone in the family is facing a problem. Brainstorm together which tool will help you to solve the problems together. For more info visit <https://toolboxproject.com/>.

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." - Thich Nhat Hanh



October Guidance Lessons:

Habit #2 Begin with the End in Mind,
Listening Tool,
& Empathy Tool



THE TOOLBOX PROJECT



Breathing Tool:

I can take a breath; I calm myself.



Quiet/Safe Place Tool:

I remember my quiet/safe place.



Listening Tool:

I listen with my ears, eyes and heart.

Empathy Tool:

I care for others; I care for myself.



Personal Space Tool:

I have a right to my space and so do you.

Using Our Words Tool:

I ask for what I want and need.



Garbage Can Tool:

I let the little things go.

Taking Time Tool:

I use time wisely.



Please and Thank You Tool:

I treat others with kindness and appreciation.

Apology and Forgiveness Tool:

I admit my mistakes and work to forgive yours.



Patience Tool:

I am strong enough to wait.

Courage Tool:

I have the courage to do the "right" thing.

