

COUNSELOR'S CORNER

Delta North Elementary School
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Habit #3: Put First Things First

This month in Character Ed, we will teach our students the importance of organizing their time and prioritizing the things that are most important to them. Students will read books and complete activities to help them learn how to determine the difference between their responsibilities and their wants.

Personal Space Tool

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

Students will learn that respecting other people's space is an important part of friendship and appropriate school/life behavior.



"RICHARD IS VERY PROTECTIVE OF HIS PERSONAL SPACE!"

Resiliency Building Activity: Hunt the Good Stuff

Hunting the Good Stuff is an activity to improve your mood by simply noticing the good in your life. All you do is identify three things that went well during your day. Even the worst day has something in it to be grateful for. This activity will help your family counter the negativity bias and build optimism.

November Guidance Lessons:

Habit #3: Story, Big Rocks Activities, "Wasting Time" Nearpod
Personal Space Tool: *Personal Space Camp* by Julia Cook

