

COUNSELOR'S CORNER

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Habit #4: Think Win~Win

People who think win-win believe that there is plenty for everybody and that one person's success is not achieved at the expense of others (win-lose).

At Home Activity:

Make a "wish poster". Start by drawing a line down the middle. On one side, cut and paste magazine pictures of things you want (like an ant farm). On the other side, cut and paste pictures of things your mom or dad want (like a clean room). Together, look at your "wish poster". See how you can work with each other to make both your wishes and your parents' wishes come true.

Using Our Words Tool

It is important to communicate clearly. Having strong relationships by avoiding misunderstanding depends on how we use words, including how we use voice tone.

A great book to use to discuss this tool at home is *One* by Kathryn Otoshi.



Holiday Calming Activity:

On the back of this page, I have given you a copy of deep breathing exercise you can use with your family when the stress of the holidays becomes too much.



December Guidance Lessons:

Habit 4: Think Win~Win—each class will participate in various team-work activities during Character Ed.

Using Our Words Tool: Compliment Circles, *Words are Not for Hurting* by Elizabeth Verdick, Nearpod: Cooperating with Others

Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the arrow. Trace the next arrow and breathe out. Continue around the image several times.