

COUNSELOR'S CORNER

Delta North Elementary School
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Habit #6: Synergize **Together is better.**

- I value other people's strengths and learn from them.
- I get along well with others, even people who are different than me.
 - I work well in groups.
 - I am humble.

At-Home Activity:

Watch your favorite sports team play a game. Pay extra attention to how all the players work together as a team.

Toolbox Tool: Taking Time Tool

I take time in & time away.

- Taking time in means listening to your inner voice & paying attention to how you are feeling.
- Time away means moving away from what is bothering you so you can take time in.

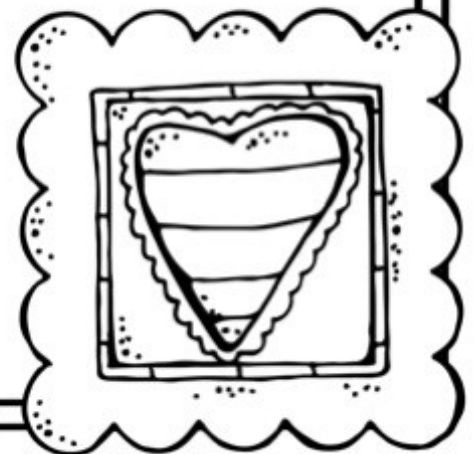
At-Home Activity:

Create & use a specific spot in your house where it is safe for students to take time in & time away. This is not used for punishment as a time out.

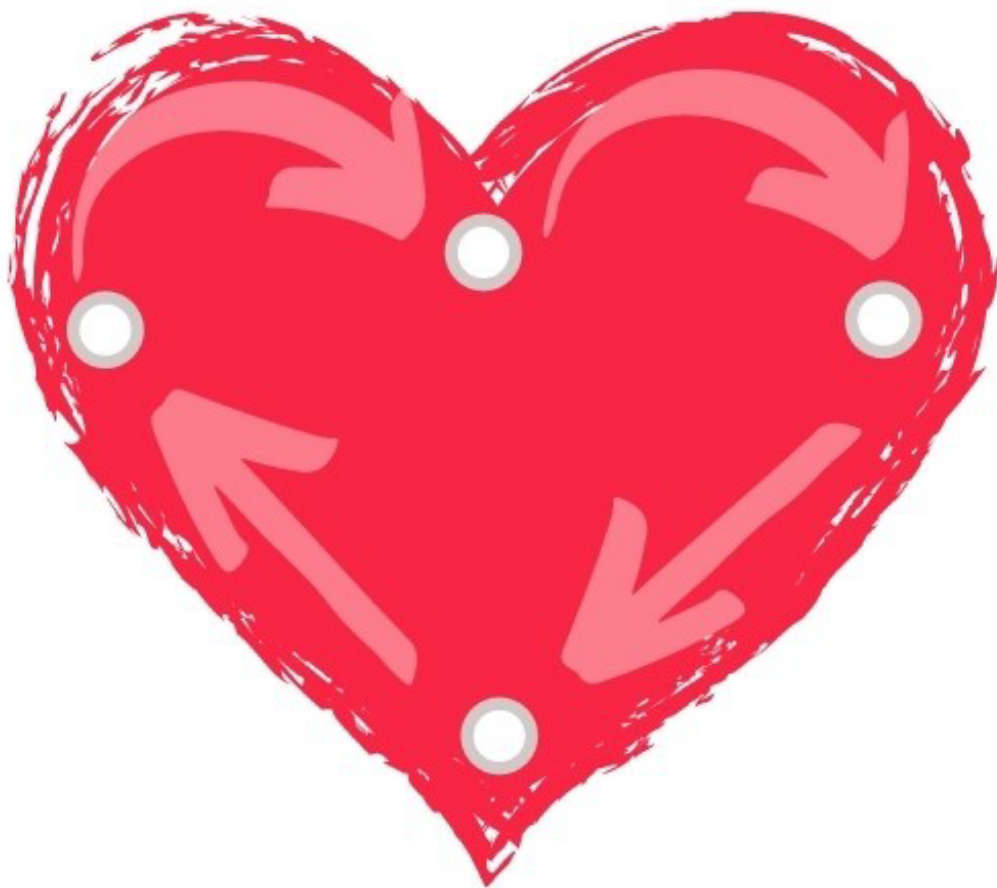
A **Heart Shaped Breathing** practice sheet is located on the back of this newsletter. Since the heart shape is well-known, students can use this breathing exercise on-the-go if you show them how to trace an imaginary heart on their palm. Just remember to pair the breath while tracing.

February Guidance Lessons:

Teamwork Activities
&
Coping Skills Keychains



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.