

COUNSELOR'S CORNER

Delta North Elementary School
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Habit #5: Seek First to Understand
then to be Understood

I Listen Before I Talk.

I listen to other people's ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I am confident in voicing my ideas. I look people in the eyes when talking.

At-Home Activity:

Try to go one whole hour without talking even once. Instead, just watch the people around you and listen to what they are saying. Good luck!

Toolbox Project:

Garbage Can Tool

I Let the Little Things Go.

We can't control other people's words and actions. Sometimes it's best to throw harmful words away and not allow them to affect us.

At-Home Activity:

With your family, make a list of some things that are annoying but "small stuff" (those can go into the "garbage can"). Also list some things that are bigger problems that shouldn't be ignored & need to be resolved.

New Year Calming Activity:

I heard great things about how useful the snowman breathing activity was for families in December. I decided to give you a snowflake breathing exercise for your use in January.

Check out the back of this paper!

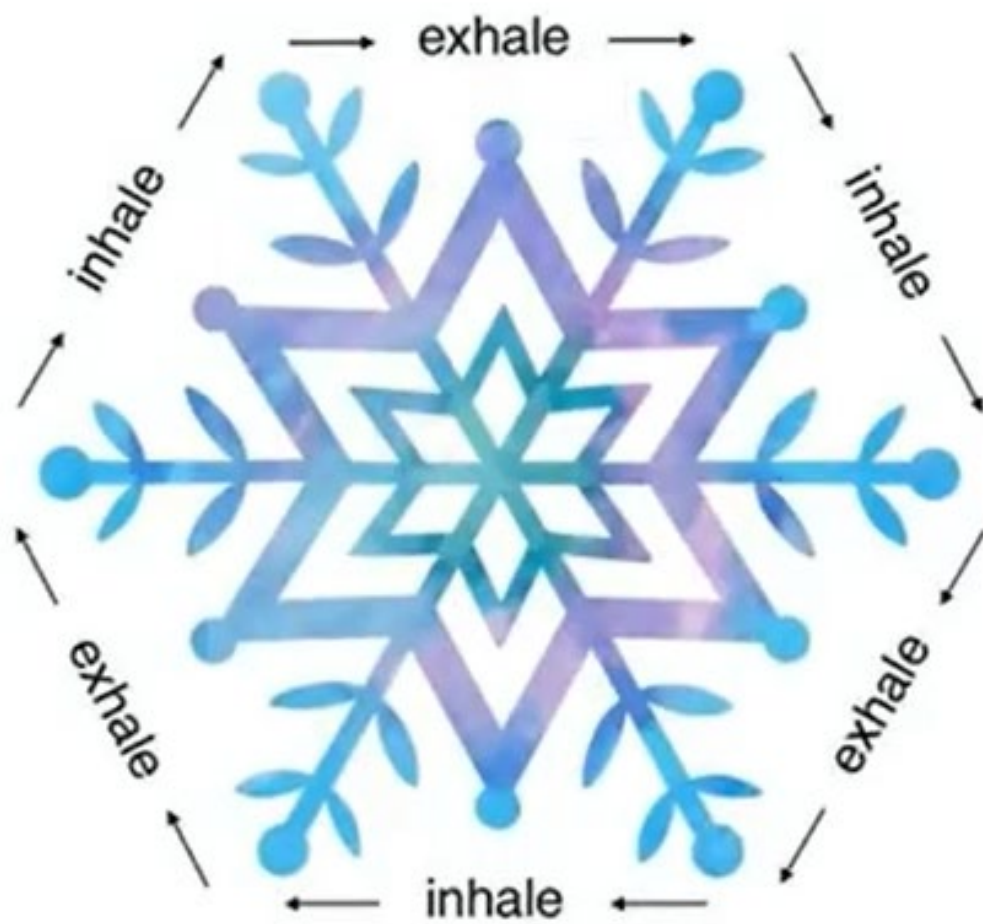
January Guidance Lessons:

Habit #5- We will be teaching students how to use "I" Messages, practice empathy, & resolve conflicts.

Garbage Can Tool- We will do a "Throwing Away the Little Things" Activity and read the book *I Am Peace* by Susan Verde



Snowflake Breathing



THE CALM CLASSROOM