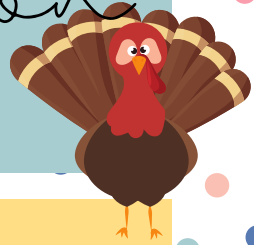


Counseling Connection November



Warrior Word Gratefulness

Being aware of and thankful for the good things that happen in your life and taking the time to express appreciation and return kindness.

"Give thanks to the Lord, for He is good. His steadfast love endures forever." Psalm 136:1

Research shows gratitude can help reframe your brain and have positive effects on mental health.

Gratitude also helps build confidence in our children.

Students received an optional gratitude challenge that you can complete as a family over this month!

I can't wait to hear about all the ways our children are showing gratitude.

Counseling Focus

Classroom guidance lessons topics:

- PreK- Personal Space/Showing Gratitude
- Kindergarten- Perseverance/ Kind vs. Hurtful Words
- 1st- Helping Thinking, Small vs. Big Problems
- 2nd- My Brain & Feelings, Friendship- Making friends, healthy friendship skills
- 3rd- Multiple Intelligences- 8 Ways to be Smart
- 4th- Executive Functioning Skills
- 5th- Social Awareness- Think Before You Speak
- 6th- Social Awareness- Including Others

Be sure to ask your child what we are discussing during counseling lessons. A lot of the skills we are working on can be practiced at home too! These are life lessons that will hopefully make a positive impact into the future!

Parent Resources

**Click on the links below to view the resources.

Book Recommendations:

[Parenting: 14 Gospel Principles That Can Radically Change Your Family](#)

by: [Paul David Tripp](#)

Parenting Article:

[10 Tips for Raising Grateful Kids](#)

[20 Fun Ways to Teach Kids About Gratitude](#)

Podcast:

[How to Grow a Heart of Gratitude in Kids](#)