

# Counseling Connection January

## Warrior Word Contentment

Being happy and satisfied with what you have and with who you are without always wanting something newer or bigger or better.

"I have learned the secret of being content no matter what happens. . . I can do everything by the power of Christ. He gives me strength."

Philippians 4:12-13

After the Christmas season of all the gifts and things, it's important to take time to reflect on the blessings we have been given while also finding contentment knowing those "things" are not what bring true joy. True contentment comes from Jesus alone. That material gift or thing only brings satisfaction for a short time, while Jesus brings a joy everlasting!

## Counseling Focus

Classroom guidance lessons topics:

- PreK- Showing You Care- Empathy
- Kindergarten- Understanding Uncomfortable & Comfortable Feelings
- 1st- Conflict Resolution Strategies
- 2nd- Friendship, Social Filter
- 3rd- Responsibility, Problem Solving, Healthy Relationships
- 4th- Executive Functioning- Planning
- 5th- Respect, Perspective Taking
- 6th- Character Traits of God; Growing in Godly Character

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:

\*As we start a new year and we are focusing on new habits, routines, and goals for the year, this book will help create practical habits within your home. I cannot recommend this book enough!

[Habits of the Household](#)

### Parenting Article:

[3 Great Ways to Teach Our Children Contentment](#)

### Podcast:

[9 Simple Habits to Live More Minimally \(And Have More Peace\)](#)