



SOCIAL EMOTIONAL LEARNING

Ms. Reeser, MPSA School Counselor

9/2024

LESSONS:

LEM has been receiving weekly social-emotional learning lessons with me since the second week of school. We will continue with these lessons in LEM through the month of November.

The lesson themes include:

- Self-awareness
- Positive vs. negative self-talk
- Growth vs. fixed mindset
- Helpful vs. hurtful thoughts
- Identifying feelings
- Differentiating between small, medium and big problems
- Managing strong emotions

SMALL GROUPS:

During the month of September, I invite students new to MPSA from 1st through 5th grade to join me in the counseling office for lunch bunch. I am interested in making sure that new students are transitioning to MPSA and have friends to play with at recess.

Our conversation includes:

- Name, grade and former school
- How are you transitioning?
- Who do you play with at recess?
- Connecting with other students through similar interests in games/ activities during recess

Ms. Bruno's Kindergarten: Some of the children have come to the counseling office for two weeks to learn about the Zones of Regulation and practice mindfulness skills. Others will join me for the same lessons in the spring.

INDIVIDUALS:

- Reminder: School counselors are not therapists. We can provide a list of resources if you would like that level of support for your child.
- As a counselor, I am bound by confidentiality so I cannot speak about individual students in this section. Instead I will share a helpful tip each month that you are welcome to use at home.
- Helpful tip: It's best to wait for an upset child to cool off and get some calm before trying to engage them in a conversation about what happened. What I have learned from our 3rd 4th and 5th grade students is that most times allowing a student to have some time and space helps them to calm down more quickly. Only then can a productive conversation take place.

OTHER NEWS or PROJECTS in the pipeline:

- Check out the bulletin boards in the hallway by the cafeteria. One has positive affirmations for our students with calming strategies. The other bulletin board has elementary age definitions for diversity and inclusion words. MPSA is an APS school. Our policies state that all children belong here and are welcome. We value differences and respect one another's identity.
- Mr. Cardenas, our bilingual family coordinator, and I are working together with Ivan Lopez, APS culture and climate coordinator, to prepare a parent education opportunity in the near future.

A Helpful RESOURCE:

<https://www.understood.org/>