



SOCIAL EMOTIONAL LEARNING

**Ms. Reeser, MPSA full-time school
counselor**

April 2025

LESSONS:

During the month of April, Kindergarten students started to come to the counseling office for weekly social-emotional lessons.

The focus of these lessons is social awareness.

- What are unexpected behaviors and expected behaviors
- How does our behavior affect others.
- What is a "group plan"?
- Respecting others and having empathy for others
- Problem solving

SMALL GROUPS:

- UEM students worked on VA Wizard career lessons. They wrote SMART goals, created a word cloud of their skills and reflected on their values. Students enjoyed the "Money Matters" app that allowed them to choose different careers and lifestyles. They learned to adjust their wants to accommodate needs according to the limitations of their salary. Their work is part of an online portfolio that will be available through middle and high school.
- Kindergarten students in Kain, Bruno and Wills classrooms learned about the Zones of Regulation and practiced mindful activities.

INDIVIDUALS:

Helpful RESOURCES: Reducing Text Anxiety in Children

- <https://childmind.org/article/tips-for-beating-test-anxiety/>
- <https://www.understood.org/en/articles/9-tips-for-helping-grade-schoolers-with-learning-and-thinking-differences-cope-with-test-anxiety>
- <https://www.heysigmund.com/?s=test+anxiety>

OTHER NEWS or PROJECTS in the pipeline:

- Family Life Education lessons for fifth graders are coming up in May. Please make sure you read the letters with the opt-out forms. If you have questions, please reach out to Ms. Reeser.
- Rising 6th graders enjoyed the visit to their respective middle schools. They were warmly welcomed and given a tour of the building. The band and orchestra performed. Most comments that I hear about the day were positive.

