



SOCIAL EMOTIONAL LEARNING

Ms. Reeser, MPSA full time school counselor

II/2024

LESSONS:

During the month of November, students in LEM received lessons about empathy and friendship.

We read scenarios and acted out feeling faces according to the situation. Students tried to guess the feeling word that their classmate was acting out. The ability to understand how another person feels is called empathy. When a person has empathy and acts in a way to help the other person that is called "compassion."

LEM students listened to the story [Making Friends is an Art](#). They learned about characteristics of a true or good friend. First graders drew a picture of themselves having fun with a friend; second graders did a Q&A about friendship;; third graders were given a friendship characteristics checklist. They identified the three most important characteristics they wanted in a friend. They asked other third graders to share with them on their checklist.

SMALL GROUPS:

During the month of October, some of the kindergarten students from the following classrooms came to the counseling office for thirty minutes two consecutive weeks. The lessons provided were about the "Zones of Regulation" and mindful activities to self-regulate or manage stronger emotions.

- Ms. Mendolia

If your kindergarten child did not come for these lessons in the fall, they will do so in the spring.

INDIVIDUALS:

The counseling office is set up similarly to a Montessori classroom with five shelves that have hands-on materials for each of the five social-emotional competencies: self-awareness, self-management, social awareness, relationship skills and decision making skills.

School counselors must keep the confidentiality of any student that comes to them if trust in the relationship is to be maintained, with the following exceptions:

- The student says they were harmed in a serious way
- The student says s/he wants to harm herself
- The student says s/he wants to harm someone else.

OTHER NEWS or PROJECTS in the pipeline:

- MPSA warmly welcomes Mr. Mike Fleg who is our new part-time counselor. Mike is at MPSA on Fridays.
- Ivan Lopez, the coordinator of APS climate and culture, spoke with all of UEM students about creating a community of kindness that respects the identity of everyone.

A Helpful RESOURCE:

<https://www.sswaa.org/post/supporting-student-well-being-during-and-after-elections-a-guide-for-school-social-workers>

