

# Counselor's Communication

Harding  
Academy

January 2013

## Mrs. Hall's Monthly Newsletter

### Harding Happenings:

Classroom guidance lessons this past month have had some holiday cheer involved! Here is what we have been studying in our classroom lessons...

JK, SK, 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> – Careers:

We read a story called *How Santa Got His Job*. We discussed how our strengths and interests can help us choose careers. Basing our choices on our strengths and interests will lead to success and enjoyment in those careers. The older grades (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>) brainstormed a career they might be interested in and completed a learning page about that career.

4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> – Personal Growth:

We made snowman glyphs that focused on the strengths and interest of each student. This was a fun activity that caused the students to really think about where their talents lay and what they like to do. They also practiced great discussion making and listening skills.

Picture books about worrying:  
*Tappity-Tap What was That?*

by: Claire Freedman

*The Huge Bag of Worries*

by: Virginia Ironside

*Worried Arthur*

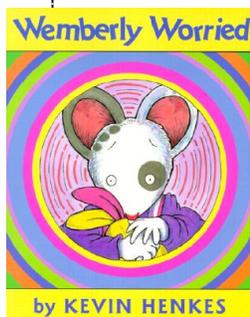
by: Joan Stimson

*Don't Panic, Annika!*

by: Juliet Clare Bell

*Wemberly Worried*

by: Kevin Henkes



### Peace of mind...

Unfortunately, many children suffer with childhood anxiety. It is important to be able to recognize the symptoms and intervene as soon as possible.

Symptoms can include:

- Constant worry or fear
- Irritability
- Complaints of physical pain
- Lack of focus
- Refusal to participate in day-to-day activities
- Persistent disobedience
- Aggression or unexplained temper tantrums

Interventions that can help anxiety:

- Deep breathing – Breathe deep through your nose and out through your mouth. "Blowing away your worries" is a great visual for kids.
- Muscle relaxation – Relaxing the muscles in your body calms a person down.
- Journaling – Writing down their feelings and thoughts is a great way to express themselves.
- Exercise or play – Activity often relieves tension. It also helps the student focus on something else.
- Positive Self-Talk – Teach your child to talk positively to themselves. It helps build their self-esteem and security.

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**Matthew 6:34** "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

