

Counselor's Communication

Harding
Academy

March 2013

Mrs. Hall's Monthly Newsletter

Harding Happenings:

Here is what happened in our Classroom Guidance Lessons last month...

JK, SK, & 1st – Worrying:

We discussed reasons we worry, and we read *Wemberly Worried* to help us understand what worrying looks like. We learned to calm ourselves down by deep breathing. Our ice breaker was kids yoga.

2nd & 3rd – Following Directions:

These grade levels took a silly follow directions test to see how well they followed directions. We also played the telephone game to work on listening skills.

4th & 5th – Healthy Self-Esteem:

We discussed the difference between high and low self-esteem. We made self-esteem shields. Our shields can protect us from situations that lower our self-esteem.

6th – Acceptance:

We watched Dr. Martin Luther King Jr.'s inspiring dream speech. We created dreams we have for acceptance and love in our school.

*Good sense makes one slow to anger,
and it is His glory to overlook
an offense.*

Proverbs 19:11

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Dealing with Anger

Helping Children Deal With Their Anger...

1. Anger is helpful for identifying problems but not good for solving them.
2. Identify the early warning signs of anger.
3. Step back from the situation.
4. Help them choose a better response.
5. Never try to reason with a child who is enraged.
6. When emotions get out of control, take a break from the dialog.
7. Be proactive in teaching children about frustration management, anger control, rage reduction, and releasing bitterness.
8. When anger problems seem out of control or you just don't know what to do, get help.

For more information visit:

<http://www.effectiveparenting.org/tips1.asp>

Picture Books about Dealing with Anger:

*When Sophie Gets Angry-Really, Really Angry

by: Molly Bang

*When I Feel Angry

by: Cornelia Spelman

*Today I Feel Silly and Other Moods That Make My Day

by: Jamie Lee Curtis

*Alexander and the Terrible, Horrible,

*No Good, Very Bad Day

by: Judith Viorst

