

Counselor's Corner



Resurrection Catholic School | JANUARY 2025

IN THE CLASSROOM

JANUARY CLASSROOM LESSONS:

- K/K: H.B.W. Learns To Listen (listening skills)
- 1st: Too Much Tattling At Pickle Mountain School (tattling vs. reporting)
- 2nd: Go To Sleep Anxiety (Inside Out 2)
- 3rd: Big Deals And Little Deals (problem solving)
- 4th: Each Kindness (empathy & inclusion)
- 5th: The Do Over (conflict resolution)



RECOMMENDED READING FOR THE TOPIC OF RELATIONAL AGGRESSION:

- Relational aggression is a covert set of manipulative behaviors used to hurt someone through damage to relationships, threats of harm, or both. It's a non-physical form of bullying. This form can often go unnoticed because it happens in discrete ways. Girls may attack within tightly knitted networks of friends and fight with body language instead of fists. Examples include; spreading rumors, excluding others, backstabbing, cliques, ignoring, eye rolling, teasing, name calling, revealing secrets and cyberbullying.
- For relational aggression solutions visit this website: <http://micheleborbo.com>
- Recommended reading for Parents/Educators/Caregivers: No More Mean Girls by Katie Hurley, Queen Bees and Wannabe's by Rosalind Wiseman, Odd Girl Out by Rachel Simmons, The Development of Relational Aggression by Sarah M. Coyne & Jamie M. Ostrov, Reviving Ophelia by Mary Pipher, Ph.D., Surviving Ophelia by Cheryl Dellasega, Ph.D., Girl Wars by Cheryl Dellasega, Ph.D. & Charisse Nixon, Ph.D., UnSelfie by Michele Borba
- Recommended for Children: Willow Finds A Way by Lana Button, Stand Up For Yourself & For Your Friends (American Girl Book Series)

HIGHLIGHT OF THE MONTH

THIS MONTH'S THEME: *KINDNESS*

Kindness produces many beneficial effects for the body, mind, and spirit. Did you know there are scientifically proven benefits of being kind?

Science Backed Benefits of Spreading Kindness:

Releases "Feel Good" Hormones



Eases Anxiety



Reduces Stress



Can Help You Live Longer



Can Prevent Illnesses



Good for Your Heart

RESOURCES

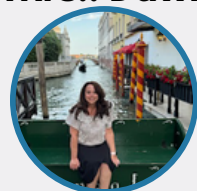
TIPS FOR PARENTS/GUARDIANS:

- Complete a Kindness Challenge with your family - Click [HERE](#)
- How to be a Kindness Role Model for your kids: Click [HERE](#)
- Healthy New Year's Resolutions for Children and Teens - Click [HERE](#)



SCHOOL COUNSELOR

Mrs.. Dawn Stefano M.A.



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