

Counselor's Corner

RESURRECTION CATHOLIC SCHOOL | MAY 2025



IN THE CLASSROOM

MAY CLASSROOM LESSONS:

K-5th Virtus Lessons

Students will learn to distinguish the difference between objective situations where boundaries are violated or infringed upon, and healthy relationships.

To recognize the range of sensations beginning with feeling happy/content, to "uncomfortable," to potentially feeling unsafe or violated (physically and emotionally).

To respond appropriately to unsafe situations involving themselves or their friends: *Pay attention to their bodies, feelings and what they know is safe/unsafe *Say "No!" if they feel uncomfortable or unsafe (or violated) *Try to leave the situation if they feel uncomfortable *Tell a safe adult as soon as possible

Technology Component: To understand similar actions apply for online activities, too.



HIGHLIGHT OF THE MONTH

MAY IS MENTAL HEALTH AWARENESS MONTH

Learning how to handle life stresses in a healthy way is paramount to our kids mental health wellness. Children pick up behavior patterns from adults, so one of the best ways to teach your kids healthy coping skills is to practice and model it yourself.

All About Coping Skills:

Coping Skills are strategies we use to manage strong feelings and handle stress

Coping skills are not a "one size fits all". Your child should try many different types of coping skills to determine which ones work best for them

Your child may need to use different coping skills for different strong feelings

COPING SKILLS TO TRY AT HOME:

Positive Self-Talk

Mindful Coloring

Deep Breathing

Journal Writing

Listen to Music

Exercise

RESOURCES

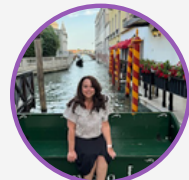
TIPS FOR PARENTS/GUARDIANS:

- Coping Skills Resource List: Click [HERE](#)
- Healthy Coping Skills for Kids and Teens: Click [HERE](#)
- How To Create a Calm Down Corner at Home: Click [HERE](#)
- Make a Calming Glitter Jar With Your Child: Click [HERE](#)



SCHOOL COUNSELOR

Mrs. Dawn Stefano, M.A.



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- [Counselor's Corner Website](#)
- Schedule: M-F 8:30-3:00
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