

Counselor's Corner



Resurrection Catholic School | November 2024

IN THE CLASSROOM

NOVEMBER CLASSROOM LESSONS:

- TK/K: Pete The Cat, I Love My White Shoes (Perseverance)
- 1st: The Story of The Seven Sour Pickles (Self-Control)
- 2nd: Buckets, Dippers & Lids (Kindness)
- 3rd: I Messages (Conflict Resolution)
- 4th: Think It Or Say It (Scoot Game)
- 5th: F.L.I.T.E. Plan/Powerpoint (Conflict Resolution)



SCHOOL COUNSELOR ACTIVITIES:

- **Special thanks to our Counselor, Mr. Reilly, for speaking to each of our middle school classes about showing respect to authority and to our peers and making positive choices with our words and actions. He will be speaking to the intermediate classes (grades 3-5) in November on the same topic.**
- **World Kindness Day is November 13th.**
- **Please check out this great newsletter from Steered Straight for tips on communicating with your child. Newslettersteeredstraight.org I suggest signing up for this free newsletter especially if you have middle schoolers.**

HIGHLIGHT OF THE MONTH

THIS MONTHS THEME: GRATITUDE

Practicing gratitude is an excellent way to improve our mental well-being. Here are some benefits your child may experience from practicing gratitude:



- Increased self-esteem
- Increase in positive emotions: happiness, optimism, enthusiasm, and love
- Increase in kindness and generosity
- Fewer physical problems

- Sleep better
- Decrease stress and ability to cope with stress more effectively
- Live longer - being thankful adds 7 years to our lives!

Thanksgiving Gratitude

Turn gratitude into a fun family activity by playing The Gratitude Game - click [HERE](#)



Gratitude For Our Veterans

This Veteran's Day (Nov. 11th), show gratitude to our Veterans by thanking them for their service to our community and country. Your child can use this [Thank a Veteran](#) template to write a letter of thanks.



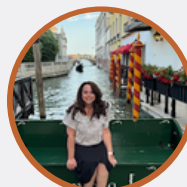
RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- Practicing Gratitude as a Family - Click [HERE](#)
- How to Practice Gratitude - Click [HERE](#)
- Making Gratitude Fun for the Whole Family - Click [HERE](#)



SCHOOL COUNSELOR Mrs. Dawn Stefano



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