AES Counseling Connection

**May 1, 2017**



***The end of the year is here!***

Parents,

As summer vacation approaches, I’d like to encourage you to help your child practice some of the social-emotional skills we worked on in class this year. Without regular reinforcement, kids can lose some of the ground we’ve gained, much like they can lose ground in reading or math. The good news is that we use the skills all the time in day-to-day life, so there will be lots of opportunities to help your child practice. Here are some ideas:

1. Identifying and communicating feelings-

Encourage your child to tell you how he/she is feeling (and why!) Basic feeling words like mad, sad, happy or worried are important of course, but, I also want them to learn degrees of feelings like annoyed, angry, furious. Ask him/her to pay special attention to things, people, or events that often bring up strong feelings. If we know what our “triggers” are, we can plan for potential problems ahead of time.

1. Noticing Feelings of Others-

Can your child read body language? Can he or she

**End of year support continued**

Tell when someone is happy or upset or bored? If so, can he or she make a smart guess about what happened to make the person feel that way? They can practice this skill in real life or watching a video. Here we are laying the groundwork for empathy-the ability to truly understand other people’s feelings and points of view.

 3. Recognizing the Size of the Problem-

Should we have a screaming fit because someone else is using our pencil? NO! That’s a small problem! The size of our reaction should match the size of the problem. Sometimes we need reminding that a problem that seems huge is really not very big at all.

 4. Self-Calming

This is very important, especially for children who are easily upset, angered or worried. We spent a LOT of time this year learning strategies for calming our bodies (we call this our Tool Kit). It’s great to be able to calm down when really upset. And when we have several favorite tools to choose from, we can even use them to PREVENT upsets. Our A-number-One tool? Deep breathing!! We also learned belly, balloon and bubble breathing.

Watch for opportunities throughout the summer to talk about these skills or remind your child to use them.

Important End of the Year Dates:

May 18th 6:00 pm- 8th grade promotion

May 19th 1:00 pm- Kindergarten promotion

May 19th- Awards Day

May 22nd- Last Full Day of School



Enjoy every minute!

Again, thank you for privilege of serving as your child’s school counselor this year. As always, if you ever have questions or concerns, please don’t hesitate to contact me either at school at 823-5921 or email me at kaldridge@overtoncountyschools.net.

Mrs. Kerri Aldridge,

AES School Counselor