

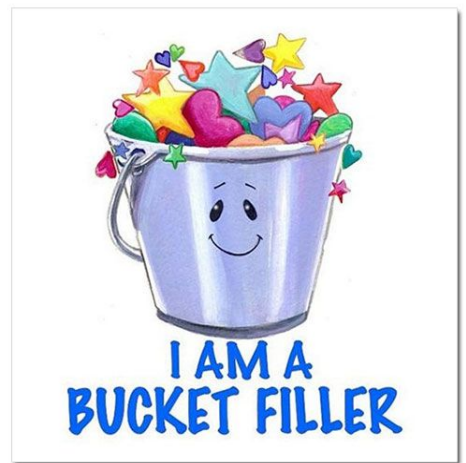
Elementary School Counseling Corner

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Below is a summary of some of the concepts that students at Meadowbrook have been learning with their school counselor in Life Skills during the 1st Quarter. Please ask your child about the things they are learning with Mrs Laughrin. If you have any questions, please contact her at the above number or via email.

Students get very excited to learn about spreading the ripple of kindness through learning how to be a "Bucket Filler". These charming books explain to children how being kind not only helps others but helps them as well. It is organized around a simple metaphor of a dipper and a bucket, it shows how even the briefest interactions can profoundly affect those around us. You can also extend this lesson into your home and use this concept when discussing behavior or choices with your child. For example, "When you yelled at your sister, were you being a bucket filler or a bucket dipper? How can we make her feel better and fill her bucket?" The kids really enjoy the concept and it will be our theme for spreading kindness throughout the year!



BLUE ZONE
 I'm moving slowly.

| | | | |
|-----|-------|-------|------|
| Sad | Tired | Bored | Sick |
|-----|-------|-------|------|

I can try these tools:

| | | | |
|--------------|------------------|---------------|-----------------|
| Take a break | Talk to an adult | Ask for a hug | Listen to music |
|--------------|------------------|---------------|-----------------|



GREEN ZONE
 I am good to go.

| | | | |
|-------|------|-------|------|
| Happy | Calm | Ready | Okay |
|-------|------|-------|------|

I can do these tools:

| | | | |
|-------|--------|-----------|--------------------|
| Learn | Listen | Work hard | Expected behaviors |
|-------|--------|-----------|--------------------|

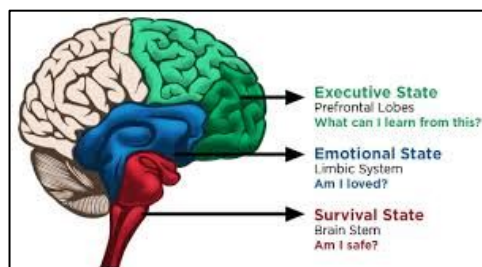
During Life Skills, we are discussing feelings we may have throughout the day and how those affect our brains. All feelings are okay, but we need to find strategies and tools to help us deal with our feelings so we are ready to learn and get along with others. Students have learned about what happens in their frontal lobe, limbic system, and brain stem. The students then correlated different parts of their brain with the Zones of Regulation. Simply ask, "What zone are you in?" Your child can choose the zone and a tool in the pictures that will help him/her feel in control or maintain it. Remember, all feelings and zones are okay!

YELLOW ZONE
 I need to take caution.

| | | | |
|---------|---------|---------|-------|
| Worried | Nervous | Annoyed | Upset |
|---------|---------|---------|-------|

I can try these tools:

| | | | |
|--------------|-------------|------|-------------|
| Take a break | Get a drink | Walk | Inner coach |
|--------------|-------------|------|-------------|



RED ZONE
 I need to STOP.

| | | | |
|-----|---------|------|----------|
| Mad | Yelling | Mean | Hands on |
|-----|---------|------|----------|

I can try these tools:

| | | | |
|--------------|-----------------|-----|--------------|
| Deep breaths | Size of problem | Run | Take a break |
|--------------|-----------------|-----|--------------|