



School Counselor Circular

Virtual Edition
Let's save some paper!



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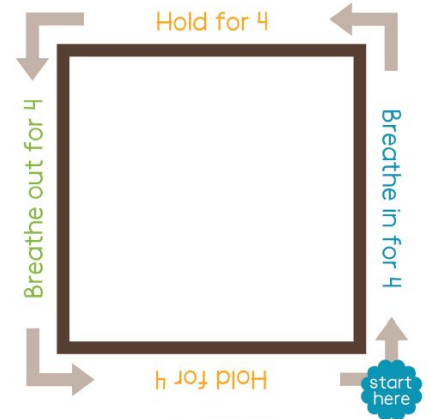
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Emotion Regulation

In our class lessons, we have been learning about feelings and emotions. K-2nd graders have been doing Scribble Spots lessons to learn about “untangling” emotions to figure out what they are feeling. 3-5th grades have been learning about the Zones of Regulation and how to identify what Zone we are in. In upcoming lessons we will learn how to regulate and calm down strong emotions. Students will learn that we will all experience strong emotions and this is not good or bad. We do need to know how to calm our bodies down though so we can get back to our calm, learning-ready zone. One of my favorite website for emotion regulation is called [Coping Skills for Kids](http://www.copingskillsforkids.com). They have many free resources if you want to explore some of the strategies and try them with your child. Three of my favorite breathing tools are shown below and are called “Breathing with Shapes”. Try them out with your child and pick out your favorite to try for a week! For our older students, these are great tools to use during our upcoming state testing.

Square Breathing

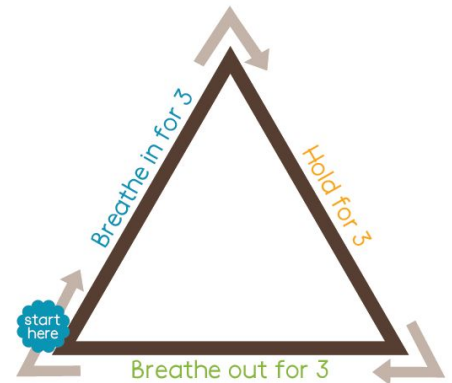
Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



www.copingskillsforkids.com
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Triangle Breathing

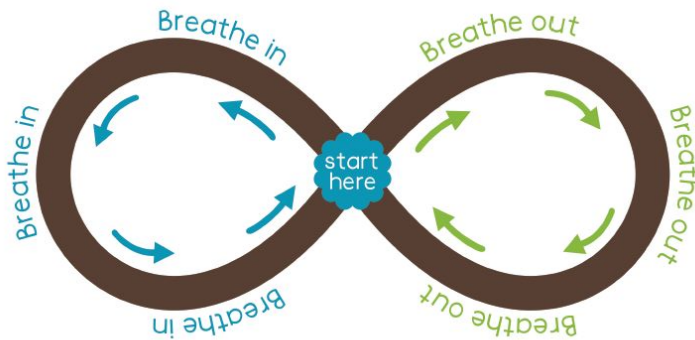
Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



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Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



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COUNSELOR'S CORNER

Please reach out if you have questions regarding supports or resources that I can help with.

Heidi Goehri
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smarter BALANCED

With state testing in May, students in grades 3-5 will be preparing for our upcoming testing window. Conversations about how to manage nerves and stress during tests can be a great way to support your student. You might suggest strategies such as taking slow deep breaths, counting to 10, using positive self-talk, and taking a short break. It is also important to talk to our Wildcats about realistic expectations. We expect all of our students to put forth their best effort, but we do not expect perfection. We can do this!

Joke:

How does a bee brush its hair?



ANSWER: With its honeycomb!