

APRIL 29, 2022

# COUNSELING NEWS

ALDRIN ELEMENTARY SCHOOL



## Kindergarten:

*Kindergarten met their third Kimochis character, "Bug", who teaches us to "Put our brave in front when feeling scared." Bug Bug is a caterpillar who is thoughtful and extremely cautious. He is really smart, a skilled conversationalist, and known to talk to himself and the other out of any given situation, because he looks at all sides. Bug is afraid of change and because of this, being a caterpillar is not easy for him. He is always the last one to try something new. Although he feels afraid, Bug secretly dreams of flying. When he feels cautious, he tucks his wings in his back. When he feels brave, he spreads his wings to fly!*

## 1st – 4th Grades:

First through fourth grades learned part 2 of Hunter and His Amazing Remote Control. The remote control buttons include:

- 
- Channel Changer button = Filtering out distractions
- Pause button = Stopping to think, relax, and create a plan
- Fast Forward button = Thinking before acting
- Rewind button = Shifting focus from past failure to future change
- Slow Motion button = Slowing down and managing stress
- Coach button = Solving problems
- Zapper button = Recognizing and rejecting negative thinking
- Way to Go! button = Using positive self-talk

## 5th & 6th Grades:

*Fifth and sixth graders explored careers this month via vaview.net. Of course they don't have to decide now what their future career will be, but it is good to dream about the possibilities. This lesson gave the students a chance to research the required training and education, academic skills used on the job (math, writing, public speaking, etc.), and some of the hardest and most fun parts of the career they are dreaming about and also what some related careers might be. I also wanted the kids to realize that what they are doing/learning right now in school does relate to their future goals.*

## Parent Workshop: Helping Children Cope with Anxiety

*With all of the challenges we've faced this year, children may seem more anxious than ever. Aldrin Elementary School is pleased to be offering a special virtual Zoom presentation (**Tuesday, May 17 at 7:00 pm**) for parents on how to help children cope with anxiety. Led by our keynote speaker **Rachel Bailey**, this workshop will teach parents how to respond effectively to their child in the moment when they are feeling worried, shutting down, or even becoming irritable or angry. Parents will also learn strategies to foster their child's overall resilience so they're better equipped to handle obstacles now and in the future.*

*With a Master's Degree in Clinical Psychology, Rachel Bailey has taught thousands of parents and children tools for improving behavior, motivation, resilience, and self-esteem through her podcasts, speaking engagements, and parenting programs. Following the workshop, Rachel and our team will answer questions from parents. More information about the presentation will be coming soon. In the meantime, mark your calendars and plan on joining us for this important virtual workshop.*