

COUNSELOR'S CORNER

TEACHING TOLERANCE

During the month of January, we will be focusing on tolerance. We will be learning how our differences make us all unique and special. As our world increasingly becomes globally connected, we are exposed to more and different types of diversity. It is important to teach our children the importance of respecting each other and to appreciate our differences so that they can lead successful and happy lives and can play and work well with others.

Learning to see things from another person's perspective can be a difficult concept for younger children. I will be using children's books and activities to help the students develop an understanding of what diversity is and why it is important to embrace it. We will be discussing the dangers of prejudices. It is my goal to help the students begin to recognize some of their own biases so that they can work on trying to replace those thoughts with more accepting and positive ones. We will also be focusing not only on our differences, but also on what we all have in common.

In our community, we are seeing more diversity in the way we look, our beliefs, our lifestyles, and our economic statuses. We can model tolerance and challenge our children to recognize and re-think biases that they may have by talking with our children when an opportunity arises. We can also use the same opportunities to help us as adults to rethink some of our own biases.

THE BUCKET CLUB!

At Heritage Elementary, the Bucket Club will help us start off the New Year in a positive way! The Bucket Club is going to be a monthly meeting for students who want to volunteer to do a service project during their recess. The goal of the Bucket Club is give the students an opportunity to learn about the importance of serving others. Service Projects are an excellent way to practice Bucket Filling- when we take time out of our day to do something nice or helpful for someone else, we will feel better about ourselves. Some examples of projects we might do are create cards or pictures for those in need of encouragement such as residents of a nursing home or sick children and send cards or packages to service men and women to show them our appreciation. If you have ideas for a service project that our students could work on to benefit an organization in our community, please feel free to email them to me. I'm looking forward to starting the Bucket Club!

SMALL GROUPS

During the winter and spring months, I will continue to offer small groups on a variety of topics possibly including divorce, dealing with the loss of a loved one, friendship, dealing with anger, anxiety, and other topics depending on the need. The purpose of the small groups is to help students identify and express their feelings, learn that other kids are experiencing similar feelings and situations, and to learn coping skills. If you think your child would benefit from participating in a small group, please contact me or you can fill out the group counseling form available on my website. Please let me know how I can help you and your child.

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January



**Teaching
Tolerance**

**I am
Unique
and
Special!**

Parents! Don't forget to
print the bookmark for
you students!