

THE COUNSELORS' CONNECTION



The Newsletter of the
Elementary Counseling Department

STRATEGIES FOR A SUCCESSFUL SUMMER BREAK

Who's ready for summer? When school is not in session, summertime can equal fun time or it can equal stress time. Here are some tips to help make this summer with your children one of the best ever.



What's in this month's issue:

- STRATEGIES FOR A SUCCESSFUL SUMMER BREAK
- IDEAS TO PROMOTE SEL SKILLS AND PREVENT THE SUMMER SEL SLIDE
- TRY IT AT HOME!

1. Create a Visual Schedule

Kids thrive on predictability. Make a chart, add some pictures, and display it in a prominent place in your home so that it is looked at and referred to each day. This will create a center of gravity around which the rest of the day can be structured.

2. Make Plans

Create a summer bucket list together. Determining and honoring your child's interests will help to establish long term summer goals. Refer to the list often and cross off your accomplishments as they happen.

3. Enforce a Behavior System

Children test boundaries and adults enforce them. This is healthy and developmentally appropriate. Decide on two or three of your most desired positive behaviors to nurture with consistent and positive reinforcement. Ignore the negative ones as much as possible.

4. Keep Home Routines While Traveling

Even though it will not be exactly the same, try to duplicate the schedule as much as possible. Meal times and bed times should be roughly the same. And, avoid having more than two late nights in a row.

5. Get Outdoors

Now is the time to do it. Take advantage of the warm weather and daylight. Nature does wonders for the mind and body.

6. Talk, Talk, Bond

Summer can bring a bunch of new things like camp, sitters, travel, activities, authority figures. This may stir up anxiety. Ask open-ended questions and prove that you are your child's strongest ally by being an active listener.

7. Allow for Adjustment

Separating from the strict routine of school takes time. Be patient with yourself and with your loved ones. Identify your support network (friend, neighbor, family member, counselor, etc.) and let them know how much they are appreciated.

With these seven tips in mind, summertime can be the perfect blend of rest, relaxation, and regulation.

Click here for the full article:
[Strategies for a Successful Summer](#)

IDEAS TO PROMOTE SEL SKILLS AND PREVENT THE SUMMER SEL SLIDE

Just as kids benefit from continued reading and practicing math skills over the summer, children need to flex their social skills muscles as well. When you go out to eat or visit a store, teach your child to speak for themselves, whether ordering a meal or asking a cashier how much something costs. Allow your child to set up their own playdates through a phone call or knocking on a friend's door, rather than making all the arrangements for them. While on vacation or at the pool, ask your child to see if there might be other kids they want to play with, and encourage them to introduce themselves to other children and ask if they would like to play. [RespectfulWays.com](https://www.respectfulways.com) offers 5 additional *FUN ways to stay social and build emotional intelligence this summer.*

Regardless of how you plan to spend the next few months, most importantly, we wish all of our students and families, happiness, good health, and plenty of fun & relaxation.

Socially yours,
The Elementary School Counseling Department

SEL BOOKS OF THE MONTH



TRY IT AT HOME! A PARENT'S GUIDE TO A GROWTH MINDSET

Your child's brain is a muscle.
Their brain will grow as they learn.
Encourage them and teach them how to develop a growth mindset.

Be their example. Follow these steps:

- Praise for effort, strategies, progress and persistence
- Teach them the power of saying **yet** - "I can't do that yet!"
- Recognize your own mindset (model positive words and actions)
- Ask questions - "What did you try today?" "What mistake did you learn from today?" "What new strategy did you try today?" "What was hard to accomplish today?"
- Teach the concept of mistakes versus failure - "Mistakes help you improve."

