

THE COUNSELORS' CONNECTION



The Newsletter of the
Elementary Counseling Department

What's in this month's issue:

- HOW TO HELP YOUR CHILD CALM DOWN
- WHAT STUDENTS ARE LEARNING IN SEL: SELF-MANAGEMENT
- TRY IT AT HOME!
- RESOURCE HIGHLIGHT: GOZEN! PODCAST
- SEL BOOK OF THE MONTH

HOW TO HELP YOUR CHILD CALM DOWN

Big emotions can feel difficult for children to control.

Here are a few strategies you can use to help your child manage their emotions and calm down.

- **Model Managing Difficult Feelings:** Describe your own feelings to your child and model the coping skills you use to calm yourself, such as deep breathing or ranking the intensity of your emotions from 1-10. This will teach your child how to develop their own coping strategies and become more aware of their emotions.
- **Validate Your Child's Feelings:** By showing your child that you are listening and attempting to understand them, you can help to deescalate them and possibly prevent larger scale behaviors such as tantrums. It is important to remember that showing acceptance of their feelings is not the same as agreeing with them.
- **Utilize Active Ignoring:** Ignoring inappropriate behaviors such as whining, arguing, and verbal outbursts can help to reduce the chances of these behaviors occurring again. The key to this tool's effectiveness is to immediately give your attention back to your child as soon as they do something you can praise.
- **Provide Positive Attention:** Providing positive attention for good behaviors increases their likelihood of reoccurring. It is important to provide praise for even your child's seemingly small, positive behavioral changes.
- **Set Clear Expectations:** Outbursts and tantrums can be prevented by setting clear expectations and setting up consistent routines for your child to follow. While changes can be unavoidable, their effects can be minimized by warning your child about them in advance.
- **Provide Options:** Giving your child an option when asking them to perform a task they are unenthusiastic about may reduce the likelihood of an outburst. This may look like giving your child the choice of which task they would like to complete first or where they want to complete it.
- **Plan in Advance:** When you predict that a situation or scenario may be emotionally challenging for your child, prepare for it in advance by having a calm conversation prior to the event and strategizing about how you will make it through this obstacle together.
- **5 Special Minutes Per Day:** Setting aside a small amount of time each day to spend time with your child and doing an activity of their choice can help manage your child's stress and help foster a positive child-parent connection. These 5 minutes should not be contingent on good behavior.

Adapted from: Child Mind Institute: How to Help Children Calm Down (2021)
For a full view of the article, [visit the following link](#).

RESOURCE HIGHLIGHT OF THE MONTH: GOZEN! DEAR ANXIETY PODCAST

Dear Anxiety is a podcast for all ages to talk about the difficult emotions so many of us struggle with.

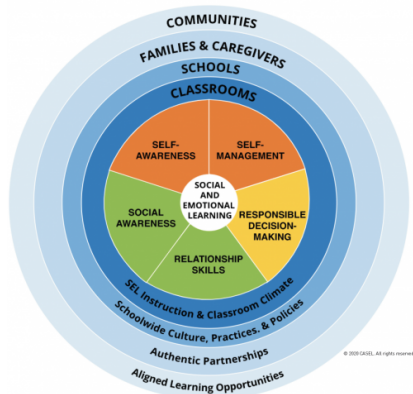
This podcast shares research-based solutions for the greater mental wellness of your family and hopes you share a few laughs along the way.

Join hosts Ed Crasnick, a comedian and Emmy Award-winning writer, and Renee Jain, positive psychology guru and founder of GoZen!

You can listen to this podcast on Apple Podcast, Spotify, Google Podcasts or on [the following link](#).



WHAT STUDENTS ARE LEARNING IN SEL



Self-management: The ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacity to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

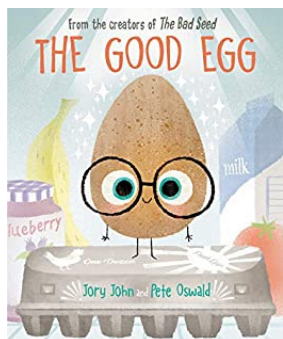
Such as:

- Managing one's emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

Check out [this video](#) from PBS Learning Media for more information about Self- Management.

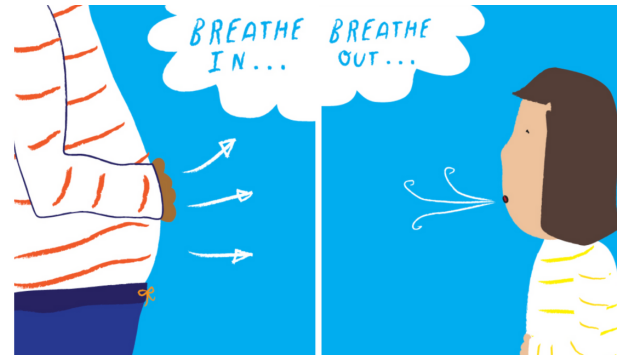
To view Haverford's Elementary SEL objectives click here

FEATURED SEL BOOK OF THE MONTH



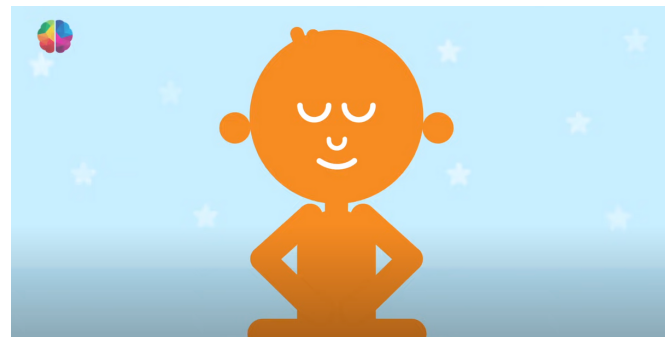
To find more books about self-management, [visit the following link.](#)

TRY IT AT HOME! TEACH YOUR CHILD BREATHING STRATEGIES TO CALM DOWN



Deep breathing exercises can be helpful for all of us when we are upset or anxious. However, it is important to teach kids the most effective technique. Practice with them routinely so it can become an automatic strategy that kids can implement without thinking.

[Click here to learn more about the benefits and recommended techniques.](#)



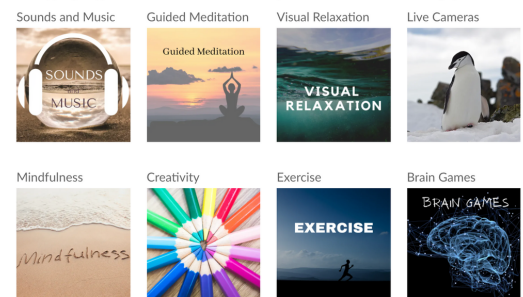
This short video displays Belly Breathing which is a deep breathing technique that is easy for children of all ages to try!

Virtual Calming Room Resources

Sometimes life can seem overwhelming and the challenges that we have to face can be difficult to work through. This Virtual Calming Room was designed to assist in identifying different strategies for managing emotions and feelings while also building our resilience during these uncertain times. We hope these tools will provide helpful outlets and practices for when life gets tough. Remember that your feelings are valid, no matter what they are.

We are here to support you! You are not alone!

Disclaimer: The following links are purely for educational purposes and are not intended as psychological interventions or as a substitute for psychological treatment. If you are in need of psychological help you should seek the consultation of a licensed mental health professional. Please contact 911 in the event of an emergency.



Did you know that Haverford School District has its very own Virtual Calming Room?

[Click here to check it out!](#)