

COUNSELING CORNER

With Mrs. Gavril
Central Elementary School Counselor

Character Lesson of the Month: Anger

The character lesson of the month introduces Emotion Management. We all know that the previous year has been one emotional rollercoaster for everybody! We will be exploring different feelings, how we can feel feelings in our bodies, and what happens when we have a strong feeling.

Tips for At-Home Learning

We are learning about all the little spots of feelings that we can have. Ask your child what they should do when they have an angry spot.

Practice:

"I see you're feeling like the red spot of anger today. Whats wrong?"

"I'm feeling like the red spot right now because you haven't completed your schoolwork today."

HOW TO CALM^{YOUR} **ANGRY** SPOT



Count the SPOTS from one to four. TAP, TAP, TAP, and TAP once more.



Now fill your lungs with peaceful air, and coat your spots with love and care.