

Counselor's CORNER

MARCH 2023

Mrs. Magallanes

Counseling Monthly Focus:

Our Second Step lessons are in full swing. Each grade level is on a different lesson. Kinder is focusing on how to express your feelings appropriately. 1st grade is also working on feelings and how to show empathy and concern. 2nd grade is focusing on how to predict other's feelings and show empathy. 3rd grade is focusing on how to manage anxiety. 4th grade is focusing on empathy and respect. Lastly, 5th grade is focusing on resolving conflict.. However, even if every grade is on a different lesson, they all correlate and it is important to continue reminding your student to be proactive, and utilize their skills.
Lorena Magallanes, LMFT

Counseling Corner

<https://sites.google.com/bonita.k12.ca.us/mrs-m-counseling-corner/home>

Virtual Room

https://sites.google.com/d/1kgsJDaZSMang3hQgnBFNI_iMPiVMSm97/p/1-CNz7Yf6MOUZEyawQGxMloWeb4C7mwa-/edit

Compassion Luck

- Recognizing our feelings is very important.
- Students are taught that by looking at someone's face, body and noticing the situation helps us be empathetic and show compassion.
- Also if you don't know how a person is doing using your assertive voice and asking.



Let's CONNECT!



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Happy, Healthy Kids TIP:

Siblings fighting again? Stay calm and take control of the situation. Let each child share their concern without being interrupted. Create a solution or compromise together that makes each child feel seen and heard.

