

Counselor Newsletter



HAPPY HOLIDAYS



COPING SKILL STEPS TO PRACTICE WITH YOUR KIDS!

FIRST-STOP AND BREATHE

SECOND-NAME THE FEELING

LASTLY-CHOOSE A COPING SKILL (CLICK [HERE](#) FOR A LIST OF COPING SKILL IDEAS)

COPING SKILLS



HELLO PARENTS! THIS MONTH'S TOPIC IS ALL ABOUT LEARNING HOW TO REGULATE TOUGH EMOTIONS THROUGH THE USE OF *COPING SKILLS*. STUDENTS WILL LEARN WHAT COPING SKILLS ARE AND IDENTIFY SOME OF THEIR FAVORITE WAYS TO CALM DOWN!

DECEMBER



BOOKS ON COPING

BREATHE LIKE A BEAR

A LITTLE SPOT OF ANXIETY

WHAT TO DO WHEN YOU WORRY TOO MUCH

