

Counselor's Corner

Tips for Raising Confident Kids

- ☀️ Let them do things themselves from the earliest age
- ☀️ Encourage, encourage, encourage
- ☀️ Focus on effort, not results.
- ☀️ Model positive self-talk
- ☀️ Give them new challenges



Resources for Families

Washington County has abundant resources for parents, children, and families in need.

Please contact me if you are interested in these or any other resources:

- ◇ Tan's Treats
<http://tanstreats.com/>
- ◇ Switchpoint
<https://switchpointcrc.org/>
- ◇ Dove Center
<https://www.dovecenter.org/>
- ◇ Southwest Behavioral
<http://www.sbhcc.us/>



Creative Connection

Connecting with our children can be challenging with our busy schedules and life's distractions.

Below you will find **63 creative questions** you can ask your kids to connect with them AND have fun! Ask them in the car, at dinner, or before bed. You might be surprised by what you learn and how connected you feel.

Classroom Guidance

March:

Wonderfully Uniquely You!

April:

Career Month

May:

SELFIE (Sleep, exercise, light fun, interact, eat well)

&

Transitioning to 6th Grade

March

Hello parents! March brings us closer to **Spring** and after teaching our students about multiple topics including coping, kindness, and resilience, I want to focus this month on **helping our students learn to value themselves.**

Positive Self-Talk

☀️ **Grades 3-5** This month I will be teaching the older students how to develop positive self-talk and reframe negative self-perceptions by recognizing when their Inner Critic is talking, and focus on what their Inner Coach would say instead.

I'm Gonna Like Me!

☀️ **Grades K-2** With the younger students we will read "[I'm Gonna Like Me](#)" By Jamie Lee Curtis. We will talk about how our differences make us special, and practice saying kind things to ourselves!

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[Counseling Website](#)

Creative Questions To Ask Your Kids!

1. What do you like
daydreaming about?
2. What makes you happy?
3. What have your friends
been up to?
4. If you could do anything
right now, what would you
do?
5. What do you look forward
to when you wake up?
6. Do you ever think about
renaming the colors of your
crayons?
7. What character makes
you laugh the most?
8. If you opened a store,
what would you sell?

9. What's your Superhero name and what powers do you have?

10. You're at the beach. What's the first thing you do?

11. If you could grow anything in the yard, what would it be?

12. What makes you feel brave?

13. What makes you feel loved?

14. How do you show people you care?

15. What does it feel like when I hug you?

16. If your stuffed animals could talk, what would they say?

17. If you could give \$100 to a charity, which would you choose?

18. How would you design a treehouse?

19. What do you enjoy giving people?

20. Did you smile or laugh extra today?

21. If you wrote a book, what would it be about?

22. If you drew everything that came to your head, what would you be drawing right now?

23. If you designed clothes, what would they look like?

24. How do you best like helping others?

25. Pretend you're a chef,
and tell me about your
restaurant. What foods do
you serve?

26. What do you think you're
going to dream about
tonight?

27. What makes you feel
thankful?

28. Where would you like to
travel? How would you get
there?

29. What sounds do you
like?

30. If you made a cave in the
woods, what would be inside
it?

31. If you could ask a wild
animal any question, what
would you ask?

32. You're outside for a whole day: what would you do?

33. What makes the best fort?

34. What hard thing can you do?

35. If you were in a play, what would your character be like?

36. How do you think animals communicate?

37. What are some of the best things about nature?

38. You're a photographer for a day, what would you take pictures of?

39. What's a memory that makes you happy?

40. What bugs you?

41. Describe a great day.

What are you doing that
makes it special?

42. What animal would make
a great driver?

43. What makes your friends
so awesome?

44. What makes you so
awesome?

45. Do you have any
inventions in your brain?

46. Do you think it'd be fun to
learn another language?

47. What are three things
you want to do this summer?

48. If you could make up a
new holiday, what would it
be?

49. What makes someone smart?

50. If you had friends all over the world, how would you keep in touch?

51. If you had a pet dragon, what would you name it?

52. What would you and your dragon do together?

53. Do you like it when other people share with you?
Why?

54. If you joined the circus, what would your circus act be?

55. If you were a teacher and could teach your students anything at all, what would you teach them?

56. What is the craziest thing you've ever eaten?

57. Come up with three silly new traditions for the world.

58. Who is your favorite storybook character?

59. What one thing do you do now that you need an adult for but would like to try to do all by yourself?

60. If a friend asks you to keep a secret that you don't feel comfortable keeping, what would you do?

61. If you had to give everyone in the family new names, what would they be?

62. What would you do if you made the rules at home?

63. Tell me something about you that you think I might not know.

Resource:

<https://www.parents.com/parenting/better-parenting/advice/questions-every-parent-should-ask-their-kid/>

