

Counselor's Corner

Counselor Lesson: Helpful Thoughts

🦋 **Kindergarten:** Kindergarten has their own set of counselor lessons this year. You can find those [here](#)

🦋 **Grades 1st & 2nd** We will read a book called "[The Pout Pout Fish.](#)" Then we will talk about helpful versus unhelpful thoughts and how we can control our attitude with helpful thoughts!

🦋 **Grades 3rd-5th:** We will read a story called "[Catching Thoughts](#)" and learn how to trade our negative thoughts with more powerful thinking.

Community Resources

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

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

◇ Therapy (5 Free Sessions) List of therapists [here](#)

◇ Dove Center
<https://www.dovecenter.org/>

◇ Southwest Behavioral
<http://www.sbhc.us/>



Books About Friendships

> **[The Magical Yet](#)**

> **[The Most Magnificent Thing](#)**

> **[What Do You Do With a Problem?](#)**

> **[I Choose to Try Again](#)**

Classroom Lessons

October:
Power of Thoughts

November:
Feelings & Emotions

December:
Coping Skills

October

Hello Parents! This month we are focusing on the power of our **Thoughts.**

Having positive and helpful thoughts will help our students have a growth mindset. You can help your students by reminding them that often the way they feel comes from the thoughts they are having.

By changing their thoughts to something more positive they will find it easier to navigate challenges and overcome hard things.

For example-if you ever hear them say something like "I can't do this" you can encourage them to change their thought to "I can't do this yet."



[My Contact Information](#)
amber.fjeldsted@washk12.org

435-634-7000

Click [Here](#) to access my parent resources page

