

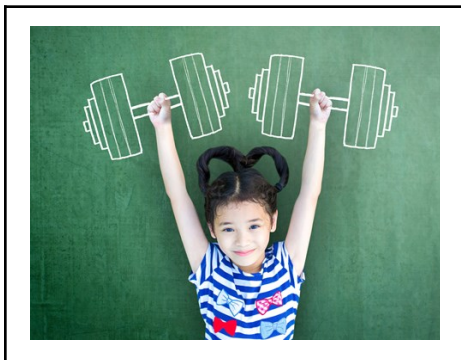
Counselor's Corner



Growth Mindset

It can be challenging as parents to **allow our children to struggle** with uncomfortable emotions and hard situations.

We don't want to see them hurt, upset, or afraid. Yet, if we don't allow our kids to struggle we don't help them grow into strong, confident teenagers and adults!



Growth Mindset Books for Kids

- [The Most Magnificent Thing](#)
- [After The Fall](#)
- [Bounce Back Betty](#)
- [The Thing Lou Couldn't Do](#)
- [Whistle For Willie](#)
- [The Day You Begin](#)



Parent Resources

[All about resilience](#)

[Tips for raising resilient kids](#)

Classroom Guidance

September:
Growth Mindset

October:
Power of Thoughts

November:
Learning to Recognize
Feelings

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

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September

Hello parents! This month at Crimson View we are focusing on being more **RESILIENT!**

When your student brings a bouncy ball home this month, ask them what it means to **bounce instead of splat.**

I will go over examples that they can relate to (friend problems, difficult school work, etc.) and we will discuss how we can be resilient and bounce back instead of going "splat!"

Help reinforce these lessons at home by **talking to your children.** Remind them they can learn from mistakes and to not give up!



