Mrs. Porter's Counselor NEWSLETTER

June 2026

Growing Together This Summer

As we head into summer, I want to wish all of our students and families a fun, restful, and memory-filled break! While summer is a time to recharge and relax, it is also a wonderful opportunity for children to continue building important social-emotional skills through everyday experiences, family connection, and play.

Children grow socially and emotionally in simple but meaningful ways throughout the summer. Everyday moments can help build confidence, independence, resilience, empathy, and emotional regulation. Some ways to support these skills at home include:

- Encouraging independence and responsibility through small daily tasks such as helping with meals, caring for pets, organizing belongings, or completing simple chores.
- Practicing problem-solving and flexible thinking when plans change or challenges arise.
- Reading books together and talking about characters' feelings, choices, and friendships.
- Playing board games, card games, or team activities that encourage patience, cooperation, coping skills, and communication.
- Spending time outdoors, being active, and allowing for creative, unstructured play.
- Creating opportunities for children to build friendships, practice conversation skills, and navigate social situations.
- Helping children identify, express, and manage emotions in healthy ways by modeling calm communication and emotional awareness.
- Having regular family meals, conversations, and shared experiences whenever possible.
- Modeling kindness, gratitude, resilience, and positive coping skills in everyday life.

Most importantly, children benefit greatly from feeling connected, valued, and supported by the adults around them. The small moments, like laughing together, talking during car rides, taking walks, playing games, or simply spending quality time together, often have the biggest impact.

Have a happy, safe, and healthy summer break!

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