



Mrs. Porter's Counselor NEWSLETTER

December 2025

December: The Merriest Month of All!

The holiday season is an exciting time filled with traditions, celebrations, and time with loved ones, but it can also bring extra stress for families. Busy schedules, shopping, parties, and changes in routine can feel overwhelming, not just for adults, but for children as well. Kids are very perceptive and often pick up on the stress and worries of the adults around them, which can affect their moods, behavior, and overall emotional health. Here are some practical ways to support children (and yourself!) during the holiday season:

1. Keep routines consistent: Bedtime, mealtimes, and daily habits provide children with a sense of safety and stability, even amidst holiday changes.
2. Create quiet family moments: Set aside time for calm activities like reading together, drawing, or a short walk outside. These moments give kids a break from holiday busyness and help them feel connected.
3. Talk openly about feelings: Encourage children to share their emotions, whether they feel excited, anxious, or frustrated. Validate their feelings and model healthy coping strategies.
4. Set realistic expectations: Children notice when adults are rushed or stressed. Focus on quality over quantity, and remember that meaningful traditions don't have to be perfect.
5. Practice stress-reducing techniques together: Try deep breathing, stretching, or mindfulness exercises as a family. These tools help children learn healthy ways to manage emotions.
6. Emphasize kindness and gratitude: Small acts of kindness, giving, or expressing thanks can boost everyone's mood and create positive, lasting memories.

Remember, your calm, presence, and support are the greatest gifts you can give your children. By taking small steps to manage holiday stress, families can create a joyful, safe, and emotionally healthy season for everyone!

Simple Holiday Mindfulness Ideas

Mindfulness is a simple way to help children slow down, notice their feelings, and feel calm and present. By practicing mindful moments, kids can manage stress, focus better, and enjoy the special parts of the season.

Simple Holiday Mindfulness Ideas:

1. Holiday Breathing:

- Imagine you are smelling a freshly baked cookie as you take a deep breath in, then blow out imaginary candle flames as you breathe out.
- Repeat 3–5 times to help calm your mind and body.

2. Listening to Winter Sounds:

- Close your eyes for a minute and notice all the sounds around you: carols, laughter, wind, or even the hum of lights.
- This exercise helps children focus and feel grounded in the present moment.

3. Mindful Touch with Holiday Objects:

- Hold a small ornament, pinecone, or piece of wrapping paper. Notice its texture, color, weight, and smell.
- This helps children slow down and focus on one thing at a time.

4. Calm Cozy Corner:

- Set up a small space at home with soft pillows, a favorite stuffed animal, or a small blanket.
- Encourage children to visit this spot for 2–5 minutes whenever they feel overwhelmed or need a mindful break.

Warriors: Rise Up!

In December and January, our *Warriors: Rise Up!* character trait is **respect**. We will specifically look at the following topics: **Respect for Others, Self-Respect, Respecting our Things**, and **Respecting our Community**.