

Counselor's Corner

GROVETON ELEMENTARY SCHOOL | DECEMBER 2025

IN THE CLASSROOM

DECEMBER CLASSROOM LESSONS:

- K:
 - We Can Feel Calm
 - Feeling Monsters (Play-doh Activity)
 - Games/Centers
- 1st:
 - Feelings Bingo
 - Games/Centers
 - Coping Skills
- 2nd:
 - How Do You Feel?
 - Games
 - I Am a Gift to My School
- 3rd:
 - Games
 - Kindness and Friendship
 - Building Friendship
- 4th:
 - Take Another Look
 - Rethink It!
 - Games
- 5th:
 - Making a Change
 - Games
 - Escape Room Challenge

Lessons may change during the month!



HIGHLIGHT OF THE MONTH

BUILDING YOUNG RESILIENT MINDS

Resilience is the ability to bounce back from challenges and setbacks. Building resilience is important for your child as it helps them: navigate life's ups and downs, fosters emotional well-being, increases long term success, and promotes individual growth.

Building Blocks of Resilience:



PROBLEM-SOLVING SKILLS

- Allow your child to build this skill and resist jumping in to solve your child's problems



SELF-CARE

- Self-care activities should promote physical, emotional, and mental well-being.
- Taking care of ourself gives us the fuel we need to tackle life's challenges



SELF-CONFIDENCE

- Self-esteem closely aligns with resilience
- Help your child grow their confidence by helping them focus on past successes and identifying their strengths



SOCIAL SUPPORTS

- Help your child develop a good group of supportive relationships (friends, family, and other trusted adults)



EMOTIONAL REGULATION

- Self-regulation is the key to resilience!
- Have your child try different coping skills to see what works best for them

RESOURCES

TIPS FOR PARENTS/GUARDIANS:



- 10 Tips for Raising Resilient Kids – click [HERE](#)
- How to Help Kids Learn to Fail – click [HERE](#)
- It's OK to Make Mistakes. How Being Wrong Can Help Us Learn" – click [HERE](#)
- 12 Tips for Raising Confident Kids – click [HERE](#)
- How to Teach Problem-Solving Skills – click [HERE](#)

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