

Counselor's Corner



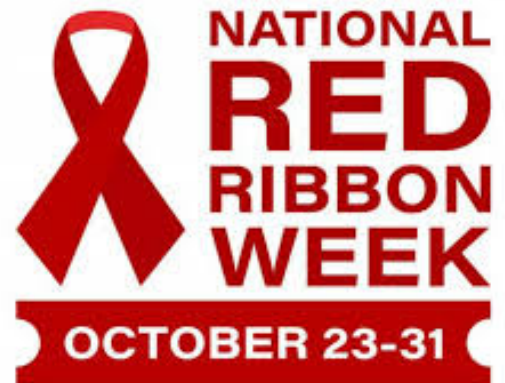
GROVETON ELEMENTARY SCHOOL | OCTOBER 2025

IN THE CLASSROOM

OCTOBER CLASSROOM LESSONS:

- K: Performance Task
 - Centers/Games
 - Sometimes We Feel Happy
 - Red Ribbon Week
- 1st: Game Day
 - Noticing Feelings
 - Sometimes We Feel Worried
 - Red Ribbon Week
- 2nd: Performance Task
 - Game Day
 - Feeling Proud
 - Feeling Disappointed
 - Red Ribbon Week
- 3rd: Performance Task
 - Game Day
 - Why Emotions?
 - How Angry?
 - Red Ribbon Week
- 4th: Checking Our Progress
 - Reflecting On Our Journey
 - Gallery Walk Celebration
 - Game Day
 - Red Ribbon Week
- 5th: Game Day
 - Strong Emotions
 - What is Stress?
 - Red Ribbon Week

LESSONS MAY CHANGE DURING THE MONTH!



HIGHLIGHT OF THE MONTH

TEACHING YOUR CHILD A GROWTH MINDSET

A growth mindset is believing your brain can grow and that your talents, intelligence, and abilities can be developed and improved through hard work, persistence, and dedication. Having a growth mindset has many benefits such as: Increased Motivation, Improved Resilience, Greater Enjoyment of Learning, and Higher Levels of Achievement

How Parents Can Instill a Growth Mindset.

Praise the Effort, Not Innate Ability



Help Your Child See Failure as an Opportunity To Learn



Encourage a Love of Learning, Not Just Good Grades



Speak Positively About Your Own Mistakes



Talk About How Your Brain Grows From Mistakes



Replace "I can't" with "I can't do this YET"

RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- 24 Children's Books That Promote a Growth Mindset - click [HERE](#)
- Don't Say Good Job, Instead Say This - click [HERE](#)
- Parenting with a Growth Mindset Approach - click [HERE](#)
- Growing Your Mind Video - click [HERE](#)



SCHOOL COUNSELOR

JENNIFER LYON, M.Ed., NCSC



- ✉ j_lyon@sau58.org
- 🌐 www.sau58.org
- 📅 Schedule: M-F 7:30-3:00
- 📞 (603) 636-1806 X403