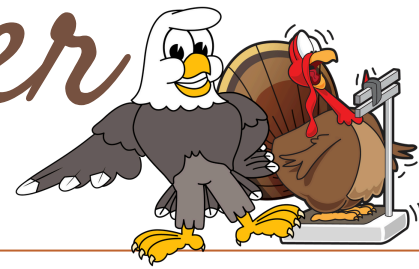


Counselor's Corner



GROVETON ELEMENTARY | NOVEMBER 2025

IN THE CLASSROOM

NOVEMBER CLASSROOM LESSONS:

- K:
 - Sometimes We Feel Happy
 - Sometimes We Feel Sad
 - Sometimes We Feel Mad
- 1st:
 - Noticing Feelings
 - Sometimes We Feel Worried
 - Feeling Calm
- 2nd:
 - Feeling Disappointed
 - Help Yourself Feel Better
 - Different Feelings
- 3rd:
 - Take a Break
 - How Happy?
 - Strength of Feelings
- 4th:
 - The Balanced Brain
 - What is Rethinking?
 - How to Rethink
- 5th:
 - What is Stress?
 - Planning for Change
 - What Can I Change?

Lessons may change during the month!



MRS. CROTEAU'S CLASSROOM
MADE WORRY MONSTERS
DURING CLASSROOM GUIDANCE.

HIGHLIGHT OF THE MONTH

BUILDING HEALTHY FRIENDSHIPS

Having strong friendships is an important part of being emotionally healthy. Talk often with your children about how to be a good friend, how to keep good friends, and how to stay emotionally healthy by getting out of friendships that aren't good for them.

How to Help Your Child Build Healthy Friendships:



CREATE A LIST

- Have your child create a list of healthy and unhealthy qualities in a friendship
- Have your child reflect what type of friend they are to others - are they exhibiting healthy qualities to their friends?



BOUNDARIES

- Remind your child that friends make mistakes and can hurt our feelings
- If your child has a friend that is repeatedly hurting them, have them identify if this is an unhealthy or healthy friendship



ADDITIONAL FRIENDS

- Teach your child that it is ok and healthy for both themselves and their friend to have other friends
- A healthy friend doesn't get mad or keep people from having other friends



COMMUNICATION

- Encourage your child to talk with their friend if they are upset
- Have them role play what they can say
- Have them practice using an "I-Statement"

RESOURCES

TIPS FOR PARENTS/GUARDIANS:



- What Is and Is Not a Healthy Friendship - click [HERE](#)
- 5 Tips to Teach "I" Messages to Children - click [HERE](#)
- 3 Ways to Help Children Navigate Friendship Challenges - click [HERE](#)
- Three Ways to Help Your Child Build Better Friendships - click [HERE](#)

SCHOOL COUNSELOR

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