Counselor's Corner

STARK VILLAGE SCHOOL I NOVEMBER 2026

NOVEMBER CLASSROOM LESSONS:

- Mrs. Auger's classroom:
  - Performance Task
  - Game Day
  - Noticing Feelings
  - Sometimes We Feel Worried
  - Feeling Calm
- Ms. Jewell's Classroom:
  - Performance Task
  - Game Day
  - Feeling Proud
  - Friendship/Confidence
  - Feeling Disappointed
- Mrs. Martin's Classroom:
  - Red Ribbon Week Escape Room
  - Reflecting on Our Journey
  - Performance Task
  - Games

Lessons may change during the month!



HIGHLIGHT OF THE MONTH

THE BENEFITS OF PRACTICING GRATITUDE

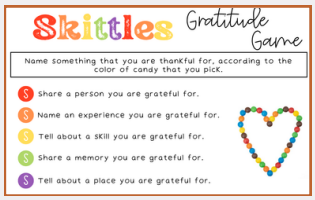
Practicing gratitude is an excellent way to improve our mental well-being. Here are some benefits your child may experience from practicing gratitude:



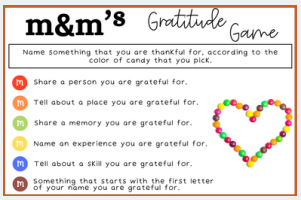
- Increased self-esteem
- Increase in positive emotions: happiness, optimism, enthusiasm, and love
- Increase in kindness and generosity
- Fewer physical problems

- Sleep better
- Decrease stress and ability to cope with stress more effectively
- Live longer - being thankful adds 7 years to our lives!

Skittles Gratitude Game
Turn gratitude into a fun family activity by playing The Skittles Gratitude Game - click **HERE**



M&M's Gratitude Game
Turn gratitude into a fun family activity by playing The M&M's Gratitude Game - click **HERE**



RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- Practicing Gratitude as a Family - Click **HERE**
- How to Practice Gratitude - Click **HERE**
- Making Gratitude Fun for the Whole Family - Click **HERE**



SCHOOL COUNSELOR

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