



Counselor's Corner

Nicole Keane, School Counselor

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Winter/Spring 2017

Preschool

Conflict Resolution – We will read *It's Mine* by Leo Lionni and discuss how the frogs can solve their problems. We will use I messages, practicing this with a favorite item that starts with I – ice cream cones! Our I messages will sound like “I feel sad when you don't share.”

Anti-Bullying – We will read *Howard B. Wigglebottom Learns about Bullies* by Howard Binkow and role play scenarios with puppets. We will focus on telling an adult if they are sad or someone else is sad. Furthermore, we will focus on kindness and how to be kind friends.

Character Education - Jamie Lee Curtis' *When I Was Little* is a fun book to help students identify how they are growing into people with so many positive characteristics! After discussing how talented they are and how many activities they can truly do independently, they will make an adorable project to accentuate how special they are!

First Grade

Identifying Feelings and Mindfulness Techniques - First graders will acknowledge how they are not always happy, and will identify and practice ways that they can calm down. We will utilize various deep breathing, visualization, and mindfulness exercises. If we have extra time, we will read *Sometimes I'm a Bombaloo* by Rachel Vail.

Conflict Resolution – We will read *We Can Get Along* by Lauren Murphy Payne and discuss various solutions to problems. Role plays will assist with I messages, choosing to play somewhere else, taking a deep breath, and talking the problem out with someone else to name a few examples. I messages in first grade sound like, “I feel sad when you do not play with me. Would you please play the game with me now?”

Anti-Bullying – With one of my favorite books, *Chrysanthemum* by Kevin Henkes, and puppets, students will identify various ways to handle one-sided bullying situations. We messages, telling an adult, and being upstanders who stick up for one another will be integral parts of the lesson.

Kindergarten

Tattling Versus Telling – With puppets and role plays, students will decide when they need to report to an adult and when saying something would be tattling, or trying to get someone in trouble. Our “in” and “out” bins will demonstrate “getting someone ‘in’ trouble” and “getting someone ‘out’ of trouble.” We will also read and discuss *Billy Bully* by Alvaro and Ana Galan.

Conflict Resolution – We will read *Words are Not for Hurting* by Elizabeth Verdick and discuss how they can solve conflicts. We will do a SMARTboard activity with I messages, such as, “I feel mad when you don't play with me. Would you please swing on the swings with me?”

Anti-Bullying – Anna Dewdney's *Llama Llama and the Bully Goat* will aid in identifying that bullying is a one-sided situation where someone is hurt. Through role plays, students will identify various ways to handle difficult situations with peers, such as being an upstander and helping someone out, telling an adult, and using We messages. “We feel mad when you are unkind. We want you to stop!”

Happy and Healthy 2017 to you and yours! The School Counseling units in each grade level are touching upon the topics of Conflict Resolution and Anti-Bullying. We are extremely fortunate that our Kindergarten and First Grade students will also take part in the NJ Child Assault Prevention (CAP) bully prevention program in January. For Walnut Ridge Primary School, it is developmentally appropriate to focus on how to solve conflicts, tell an adult when he/she or others feel sad, and how kind choices prevail.

Feel free to contact me with any questions or concerns. I am always available to assist in helping your child(ren) meet success academically, socially, and emotionally during their days at Walnut Ridge. Also, keep in mind that I can facilitate in finding numerous local resources for your child(ren) and whole family, if needed. Please check out the “School Counseling” tab on the Walnut Ridge Primary School portion of www.vtsd.com.

Thank you for your continued involvement.

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