

CMP Counseling Newsletter



San Juan Campuses: American River, Carmichael, Orangevale

Counseling Staff: Elayne Gwynne, M.Sc., PPSC
"Ms. Elayne"

November 2018
Volume 1, Issue 2



Happy November Everyone ☺

I would like to begin this month of gratitude by saying how grateful I am to be serving staff, students, and families in the capacity of school counselor. *Second Step Social/Emotional Learning* lessons are going very well, and small groups are running for specific topics at each campus. I have enjoyed getting to know everyone and settling in to the three campus' climates and cultures!

Peace and Positive Energy,
Ms. Elayne

November Guidance Lessons



6-9 Classes (1/2/3): Identifying Feelings, Similarities and Differences, Different Perspectives, and Showing Compassion

9-12 Classes (4/5/6):

CAR/OR: Empathy and Respect, Similarities and Differences;

AR: Emotion Management – Series of three lessons

Home Activities



Home/Family Links on the *Second Step* Website:

6-9:

[Identifying Feelings Home Activities](#)

[Showing Compassion Home Activities](#)

9-12:

[Empathy and Respect Home Activities](#)

[Similarities and Differences Home Activities](#)

[Intro Emotion Management Home Activities](#)

[Managing Strong Feelings Home Activities](#)

[Calming Down Anger Home Activities](#)

Why We Need These Skills



First, the *Second Step* program teaches kids skills that help them get along better with others. Students learn how to recognize others' feelings, show kindness and compassion, play fairly, and invite others to join. These skills are essential for building strong friendships and help increase kids' feelings of safety and belonging at school.

Second, learning how to develop the feeling of empathy for another person is the first step necessary for forming friendships and positive interactions with other people. From there, students can begin to appreciate similarities and differences between people.

Finally, being able to manage emotions is a skill that will serve everyone, no matter the age, and make it possible to be successful in school and in life.

Helpful Resources



6-9 (1/2/3) Book List to support guidance lessons:

http://www.secondstep.org/Portals/0/G1/Lesson_Materials/k2-childrens-book-list.pdf

<https://sociallyskilledkids.com/perspective-taking/>

<https://childhood101.com/managing-big-emotions-best-resources-to-use-with-kids/>

<https://www.merakilane.com/empathy-activities-for-kids/>

<http://www.pbs.org/parents/expert-tips-advice/2015/08/teach-children-cultural-awareness-diversity/>