

CMP Counseling Newsletter



San Juan Campuses: American River, Carmichael, Orangevale

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"Ms. Elayne"

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Happy December Everyone ☺

Let's ring in this festive month with empathy and compassion, two of our Second Step concepts! December can get very busy and families sometimes experience high stress levels amidst all of the fun. Please take time to check in with your children and spend some quality time with them so that this month can be enjoyable for all. Links to articles about how to help your children minimize anxiety can be found below ☺

Peace and Positive Energy,
Ms. Elayne

December Guidance Lessons

6-9 Classes (1/2/3): OR: Identifying Feelings and Managing Emotions; CAR: Personal Safety

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

CAR/AR: Personal Safety;

OR: Emotion Management

Home Activities

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

6-9:

[Emotion Management](#)

9-12:

[Intro Emotion Management Home Activities](#)

Why We Need These Skills

As mentioned previously, 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. The Second Step program does a fabulous job of integrating technology with music to demystify this sometimes abstract concept for kids.

Due to the short month, the Carmichael and American River campuses will have a personal safety lesson instead of Second Step; because of the way the schedule works out, Orangevale will get personal safety in June. Personal safety is an important guidance topic taught by counselors in many schools, and is important for children to learn and discuss with parents at home. Both the 6-9 and 9-12 classes will receive a lesson about personal safety which will include an age-appropriate story and situation cards related to this topic. Students will learn to identify situations that may or may not be safe for them, and what to do if they feel unsafe with someone or about a situation. If you have any questions or concerns regarding the personal safety activities that we have planned, please do not hesitate to contact Ms. Elayne ☺

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://childhood101.com/managing-big-emotions-best-resources-to-use-with-kids>
- <http://www.worrywisekids.org/>
- <https://childmind.org/topics/concerns/anxiety/>
- <https://www.crayola.com/for-educators/lesson-plans/lesson-plan/worry-warriors--courage-connections.aspx> - Make a Worry Warrior with your child!
- <https://adaa.org/living-with-anxiety/managing-anxiety/managing-holiday-anxieties>