

Counselor's

Fort Cherry Elementary Center

Corner

MAY 2021



Resource of the Month

5 Ways to Help Kids Who Struggle With Self-Control

<https://www.understood.org/en/friends-feelings/common-challenges/self-control/developing-coping-skills-5-ways-to-help-kids-who-struggle-with-self-control>

"DO WHAT IS RIGHT, NOT WHAT IS EASY NOR WHAT IS POPULAR." —
ROY T. BENNETT

Mindful Moment

"Explosion Breathes"

This involves moving your body up and down as you do deep breathing. Start in a standing position. Breathe in as you crouch down. Then, jump up, spreading your arms and legs as to breathe out. Repeat until you feel rejuvenated.

Handling Emotions

Give feelings a label

For your younger child, these names will be as basic as mad, sad, and happy. As your child grows, those terms will become more specific, such as frustrated, disappointed, or anxious. Identifying and naming feelings is essential to learning how to cope with them.

Discover the trigger

Help your child identify what led to feeling this way. It might have been when you said "No" to something he asked to do or something with a sibling or friend.

Affirm the right to talk it out

Let your child know that everyone feels these emotions sometimes and that there's a right and a wrong way to express them. Let them know that they may not be able to help feeling how they do, but they can and should manage how they express that feeling. Your child must learn to be responsible for his or her words and reactions, regardless of the situation.

Teach specific coping skills

It may be helpful to your child to learn to remove herself from a situation or take some time to think before responding. Find what works for your child.

Don't try to fix everything

The idea is to help your children learn to work through the problem, not to simply remove the problem.

Give emotional support

Often, all our children need is a good hug and an acknowledgment that we know how they feel. Tell them how proud you are when you see them handling their emotions with increasing maturity and reacting appropriately to tough situations.

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