

St. Joe's Counselor's Corner-December 2015

--Jennifer Moyer-Taylor

****HERE'S WHAT'S HAPPENING IN DECEMBER****

K-2nd –Empathy, Feelings vocabulary, Kelso's Choices **3rd**-Kelso's Choices

4th-Girls Groups **5th**- Stress Management **6th**-Teasing Versus Bullying

"Snack and Chat" for 1st -4th **7th/8th**-Peer Mediation Program

IT'S ELEMENTARY (K-4)-H.A.L.T.

As we are in the thick of the holiday season, I wanted to pass on a quick tool to use when your kids are having a meltdown or emotional "moment". You can use the term H.A.L.T. and ask "Is my child **Hungry, Angry, Left Out or Tired?**" Many times, when our kids are upset, they fall into one of the 4 categories in HALT. Also, as parents, we may find it helpful as well! Kids pick up on our own stress and emotions and we need to take good care of ourselves during this busy time.

IN THE MIDDLE (5-8)-Stress Management

When I taught 5th graders last month about stress management, the one take-away I left with was the large amount of stress kids are carrying around today. From tests and homework, to sports and schedules, the kids and I created a "stress web" and started to get secondary stress just from seeing all the causes of stress! I taught the kids two key ways to manage their stress. 1) Change your **SITUATION** by avoiding it or altering it (such as working out a conflict with a friend or avoiding someone who is not treating you well. 2) Change your **REACTION** by adapting or accepting it (such as thinking positively about a new move to another school). Encouraging tweens to take breaks outside and having unstructured play would also help reduce stress-especially during this busy holiday season.

My son is the class clown and is too talkative in class!

ASK THE COUNSELOR...

Q- My son seems to be getting into a lot of trouble in class. He talks too much and tries to get the other kids to laugh. I don't know what to do because I don't see this behavior at home.

A-The first thing I would do is ask your son about this type of behavior and find out why it is occurring. A meeting with him and the teacher could be very beneficial in finding out from him when he does this and why. The teacher's insight will be very helpful as well. There are a number of reasons why he is talking too much in class; anything from seeking attention, difficulty with self-control, and/or avoiding doing work- just to name a few. I have found that investigating when and why it is happening are great places to start.

Thank you,

Jennifer Moyer-Taylor