

- **Contact information:**
- **Shannon Wagner, School Counselor**
- **815-544-3357 ext. 5586**
- **swagner@district100.com**

## School Counseling

### Methods Used

- ✓ Play
- ✓ Games
- ✓ Books
- ✓ Videos
- ✓ Art
- ✓ Goal setting
- ✓ Role-playing
- ✓ Interactive whiteboard lessons

### How It Works

- Meet in small groups, individually, or both
- 6-8 weeks
- Meet one time per week
- Solution-focused
- Goal-oriented

### Topics

- \* Emotion Regulation (anger, worry etc.)
- \* Making and keeping friends
- \* Family changes (separation, divorce)
- \* Grief
- \* Resiliency and coping skills

## Character Education Traits

Character education traits students will be learning at school in the months of September and October are respect and responsibility. It can be reinforced at home by **talking** about it:

- ❖ What do you think it means to be respectful and why is it important?
- ❖ What are some ways you can be respectful at home, school, in the community?
- ❖ What is responsibility and what does it mean?
- ❖ What are your responsibilities at school and at home?

It can be reinforced at home by **practicing** it:

- ❖ As a family, make a list of specific needs and wants. Spend one week being mindful of your family's need and wants. Discuss the experiment.
- ❖ Let your child pick a special chore that they are responsible for each week.

It can be reinforced at home by **reading** about it:

- ❖ Rude Cakes (Watson), Dude that's Rude (Espeland), The Golden Rule (Wattles)
- ❖ I Just Forgot (Mayer), The Paperboy (Pilkey), The Pigsty (Teague)

\* Study skills (skills for learning)

\* Classroom behavior

\* Self-regulation

\* Self-esteem

\* Problem-solving and assertive skills

\* Executive functioning skills



## How Zzz's Help or Hinder a Student

**How much sleep should your child get? Although, each person is slightly different with their specific needs, there are guidelines that identify the amount of sleep we should be getting. According to the American Academy of Sleep and endorsed by the American Academy of Pediatrics (AAP), children between the ages of 6-12 years old should be getting 9-12 hours of sleep. When children are lacking in sleep they can be irritable, lack focus, and their immune systems are weakened. It also makes for a long day at school when we are sleep deprived. A few things that we can do to make sure our child is getting the proper amount of sleep to stay happy and healthy. According to the AAP we can:**

- 1. Keep a routine-go to bed at the same time and wake up at the same time.**
- 2. Provide a calming environment at bedtime. Comfortable temperature, dim lights, and no distractions (lots of toys on the bed) helps the body get ready to sleep.**
- 3. Turn off all screens (TV, phone, etc.) 60 minutes before bed.**

### Homework Battle

Most parents have a child (or more than one) that argues or procrastinates about homework. Although there are many homework tips one of the most important tip is to have students do their homework before any fun stuff. This does not mean that the homework shouldn't be broken into manageable parts with breaks in between. If a homework routine is set from the beginning of the year and is followed through, parents are more likely to see an improvement.

## Whole Body Listening

Listening is an executive functioning skill that is important throughout the duration of our lives. It is also a skill that should be explicitly taught. Listening skills are taught at school, but it is also a skill that can be reinforced at home. One way is to teach students that listening is not the same as hearing. To become a good listener it is important to use our whole bodies.

### What is it?

- ✓ Bodies are still (hands, feet, etc.)
- ✓ Voices quiet
- ✓ Eyes on speaker
- ✓ Ears listening
- ✓ Brain thinking about what is being said
- ✓ Heart to show we care about the speaker and information

### Why it's important?

- ✓ It's a prerequisite for academic success
- ✓ Helps build and maintain relationships (family, friends, etc.)
- ✓ Helps keep us safe
- ✓ Shows respect and care for others

### How does it appear?

- ✓ Good eye contact
- ✓ Being quiet while others are talking
- ✓ Not interrupting
- ✓ Asks questions or makes comments
- ✓ Stays on topic

### How can I help my child?

- ✓ Remind your child to look toward the speaker
- ✓ Limit auditory and visual distractions if your child is easily distracted
- ✓ Practice impulse control by having your child pause and think before speaking
- ✓ Help your child understand that we listen to learn, follow directions, show others we care

### Resources-books, games and videos that provide practice and learning opportunities

- ✓ Whole Body Listening Larry (Wilson & Sautter)
- ✓ Can you Listen with Your Eyes? (Everly)
- ✓ Whole Body Listening with Tom Chapin (Youtube video)
- ✓ Howard B Wigglebottom Learns to Listen (We Do Listen Foundation)
- ✓ Games-Simon Says, Red Light, Green Light, Follow the Leader