



COUNSELOR'S CORNER

OCTOBER
2024

YOUR QUARTERLY NEWLETTER FROM MRS. BRAUN!

CALM DOWN TIP

A COZY CORNER OR "CALM-DOWN" SPACE AT HOME CAN BE A GREAT TOOL FOR HELPING CHILDREN MANAGE BIG EMOTIONS. SET UP A COMFY SPOT WITH PILLOWS, BLANKETS, STUFFED ANIMALS, OR FIDGET TOYS—ANYTHING THAT FEELS CALMING. WHEN KIDS FEEL OVERWHELMED, THIS SPACE GIVES THEM A SAFE, COMFORTING PLACE TO RELAX AND REGAIN CONTROL. AT THE ELEMENTARY AGE, A COZY CORNER HELPS THEM LEARN HEALTHY SELF-SOOTHING SKILLS IN A POSITIVE, SUPPORTIVE WAY WITHOUT FEELING LIKE A TIME-OUT OR A PUNISHMENT!



"The things that make me
different are the things that
make me."

- A.A. Milne, "Winnie the Pooh"

MINDFUL MINUTE ACTIVITY

TRY THIS GROUNDING EXERCISE
WITH YOUR STUDENT!

CAN YOU NAME.....

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH/FEEL

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

CURRENT FAV SEL BOOK!

A SPARK IN THE DARK BY PAM FONG.

"A POWERFUL PICTURE BOOK ABOUT THE OCEAN OF FEELINGS INSIDE ALL OF US. WHETHER YOU ARE MAD, SAD, SCARED, OR LOST IN THE DARK, THERE'S ALWAYS HOPE—A SPARK OF LIGHT TO LEAD YOU BACK HOME." -GOODREADS

LET'S STAY IN TOUCH



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