

# Golden Fields Counseling

## Newsletter

### HIGHLIGHT

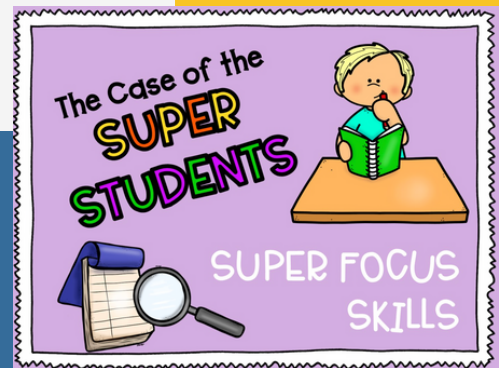
In January, our lessons will focus on building important skills at every grade level. Kindergarteners and students in grades 2–5 will learn how to stay focused and ignore distractions, exploring the difference between outside distractions (like noises) and inside distractions (like thoughts or worries), and practicing ways to stay on task. First graders will continue exploring the Zones of Regulation to strengthen their ability to recognize and manage emotions. Sixth graders will deepen their understanding of depression and develop skills for talking about their feelings with others.

### PARENT AFFIRMATION

Say this out loud to yourself:

“When my child shares their feelings, I listen with empathy and offer support.”

Speaking positive words can help reinforce your supportive role in your child’s life.



### DEVELOPING SKILLS

**Make a Plan:** Explain to your child that talking to someone—a parent, teacher, or trusted friend—can help when they feel stressed or overwhelmed. Together, brainstorm times when they might need to talk, like after a tough day at school or an argument with a friend. Help them choose a simple phrase to start the conversation, such as, “Can I talk to you about something?”

**Role-Playing:** Pretend to be a teacher or friend, and your child practices using their chosen phrase to start a conversation about their feelings.

# COPING SKILL OF THE MONTH

## Visualization

### DEAR FAMILIES/GUARDIANS,

This month, our school is learning about **Visualization** as our coping skill! Visualization helps students relax by imagining a peaceful place in their minds.

To practice have your child close their eyes and imagine a peaceful place. Instruct them to picture every detail – why they see, hear, smell, and feel – until they start to feel calmer.

We encourage families to practice visualization together when everyone is calm. Building familiarity with this skill makes it easier for children to use it when they're feeling big emotions or need to relax and refocus.

Golden Fields Elementary

