

Golden Fields Counseling

Newsletter

HIGHLIGHT

November: Kindergarten students practiced deep breathing, while first graders explored the Zones of Regulation more. Students in grades 2–6 learned about unhelpful vs. helpful thinking. Automatic negative thoughts are normal, and we can retrain our minds to choose more helpful ones.

December: The entire school is learning to solve problems at recess with Ready, Set, Go.

- Ready: Calm your body and mind
- Set: Share your feelings about the conflict
- Go: Find a positive solution together

Ask your child what strategies they remember from these lessons!

PARENT AFFIRMATION

Say this out loud to yourself:

“When challenges arise, I pause, breathe, and respond with patience and understanding.”

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



DEVELOPING SKILLS

Make a Plan: Choose a common challenge your child faces and come up with helpful thoughts to use in those moments. For example, if your child feels nervous about trying something new, you can practice saying, “I can handle this.” Encourage your child to use it when they notice unhelpful thoughts.

Role-Playing: Use pretend scenarios (like fighting over a toy) to practice the Ready, Set, Go steps. Take turns being the “problem solver” and walk through calming down, sharing feelings, and finding a solution everyone likes.

COPING SKILL OF THE MONTH

Stretching

DEAR FAMILIES/GUARDIANS,

This month, our school is focusing on **Stretching** as a way to manage stress and emotions! Gentle stretches help students relax their bodies, release tension, and reset their minds. Some simple stretches include:

Triangle Pose: Stand with your feet wide and arms stretched out. Turn one foot to the side, reach down to touch your opposite foot with one hand, and stretch the other hand up to the sky. Look up at your top hand.

Tree Pose: Stand tall and lift one foot to rest on your other leg. Put your hands together at your chest or reach them up like tree branches. Try to stay balanced, then switch legs.

We encourage families to practice stretching together when everyone is calm. When students are familiar with these movements, it's easier for them to use stretching to feel better whenever strong feelings arise.

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