

Golden Fields Counseling

Newsletter

HIGHLIGHT

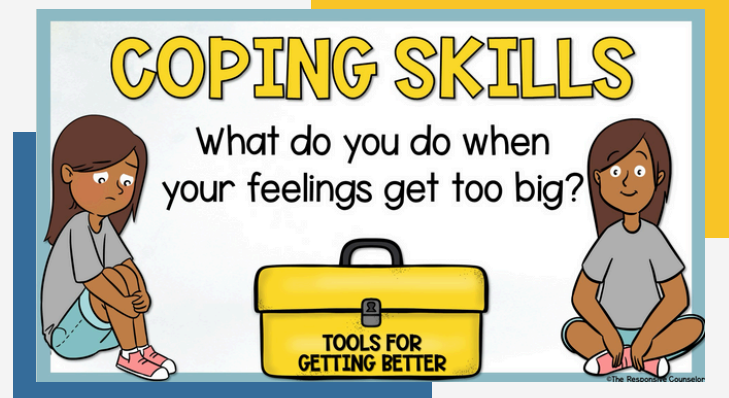
This month, we're visiting every classroom to teach students about emotions and coping skills. Coping skills are tools and strategies that help us handle strong feelings and stressful situations in healthy ways. Kindergarten and first grade are learning to identify big feelings so they can use coping strategies when those emotions arise. Older students are exploring what coping skills are, when to use them, and practicing new techniques. Coping skills are important because they help students manage their emotions and problem-solve more effectively. Ask your child to show you their favorite coping skill!

PARENT AFFIRMATION

Say this out loud to yourself:

"By managing my emotions calmly and using healthy coping skills, I help my child learn to do the same."

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



DEVELOPING SKILLS

Make a Plan: When a child is already upset, it's very hard for them to learn new coping skills or problem-solving strategies. Teach and practice these skills during times of calm, and then make a plan about when your child might use them. Ex. "What can you do when you're angry at your little brother?"

Role-Playing: Use role-playing to practice different scenarios and appropriate emotional responses. Ex. You could pretend to be a teacher, and your child can practice taking a deep breath and then asking for help when frustrated.

COPING SKILL OF THE MONTH

Exercise

DEAR FAMILIES/GUARDIANS,

This month, our school is focusing on **Exercise** as a coping skill! Movement helps our bodies and minds feel better, reduces stress, and boosts our mood. Here are some simple exercises students are practicing:

Toe Touches: Slowly bend and touch your toes, then stand again. Repeat 5-10 times.

Wall Push: Stand facing a wall, arms straight. Push the wall as hard as possible for 10–15 seconds. Repeat 3 times.

Jumping Jacks: Do 10-20 jumping jacks.

Encourage your child to practice these movements at home – even a few minutes of exercise can make a big difference! Practicing when calm helps students remember to use exercise as a coping tool when they are feeling big emotions.

Golden Fields Elementary

