

# Counselor's Corner

## Unit 3: Emotion Management and Problem Solving

November 2018



### What is School Counseling?



Professional school counselors are certified and licensed educators with a minimum of a master's degree in school counseling, making us uniquely qualified to address the academic, social/emotional, and career needs of all students. In elementary schools, school counseling programs usually include classroom guidance, small groups, individual counseling, consultation with parents and teachers, and help locating information and community resources.

### Calming Strong Feelings & Solving Problems

In this unit, your student will learn how to manage their emotions and solve different kinds of problems. We will cover the following topics:

- Embarrassment
- Making Mistakes
- Anxiety
- Anger
- Finishing Tasks
- Conflict Resolution

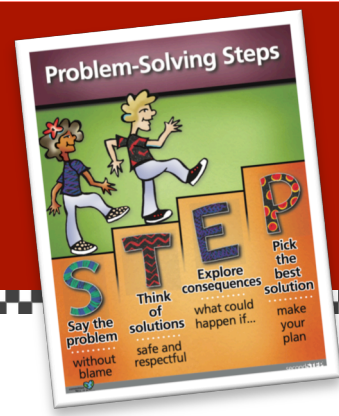
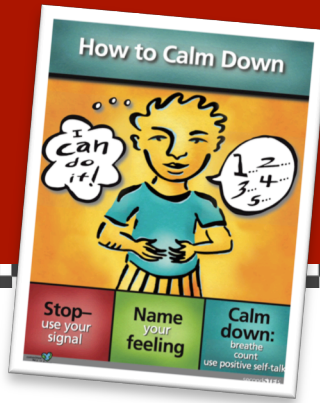
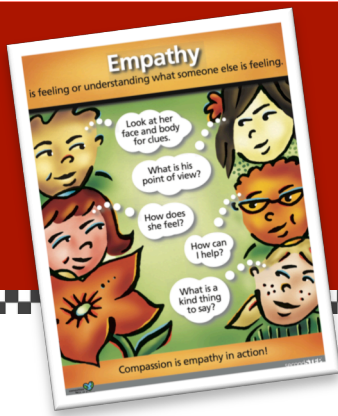
Students will come away from this unit with age-appropriate ways to calm themselves down and solve problems with friends. Keep reading this newsletter for ways to reinforce the magic at home!



### Need to talk? I love talking with families!

You can contact me via email at [cheri.elkins@knoxschools.org](mailto:cheri.elkins@knoxschools.org) or give me call at 865.689.1474. Also, check out our website at [www.knoxschools.org/Page/9395](http://www.knoxschools.org/Page/9395).

Thank you!



# What You Need to Know

These resources will help you continue to teach your student how to calm strong feelings and solve problems with friends.

**How to calm down.** There are three steps to the calm down model your student will learn in classroom guidance. Practice this model at home to help them remember it.

1. Stop – use your signal (example: “Relax!”)
2. Name your feeling.
3. Calm down: breathe, count, use positive self-talk.

**Problem-solving steps.** These four steps will help your student solve problems they have with other people, especially other kids.

1. Say the problem – without blame.
2. Think of solutions – safe and respectful.
3. Explore consequences – what would happen if...?
4. Pick the best solution – make a plan.

**Exploring feelings.** It is so important to teach kids how to name their feelings. When your student is feeling any strong emotion (anger, sadness, excitement), help them name their feeling and talk about why they’re feeling that way. This will support the other strategies.

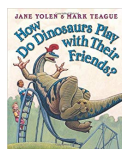
## Book Recommendations

*A Bad Case of Stripes*  
by David Shannon

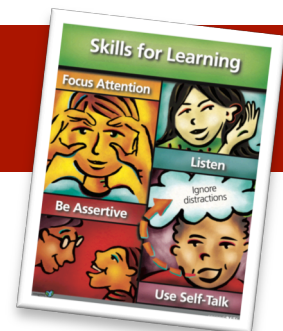


When Camilla gives up something she loves to be like everyone else, she comes down with a bizarre illness—a bad case of the stripes! How will Camilla get back to her true, unstriped self?

*How Do Dinosaurs Play With Their Friends?*  
by Jane Yolen



Would a stegosaurus hog the toys? Would a triceratops take over the whole swing set? Or would a T. rex be a good friend and give you a boost or his turn at the slide? Even the most intimidating dinosaur can play nice.



*It's Okay to Make Mistakes*  
by Todd Parr

Did you color outside the lines? Then you were creative! Were you clumsy, or did you invent a new move? This cheerful book will have you looking on the bright side of everything.