

Casis Counselor News

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Counselor Classes

In November and December, Kindergarten and first grade classes read "The Magic Coloring Book of Feelings" and "Don't Feed the Monster on Tuesdays". We discussed self-esteem and how it is just as important to treat ourselves with respect and kindness, as it is to treat others that way. Second grade classes talked about how stick and stones can break our bones but words can hurt us more. We crumpled up a paper smiley face with our hurt feelings and tried to smooth it out with acts of kindness. We discovered that even though we can try to smooth out the hurt, the unkind words left a mark on us that we couldn't take away. Third and fourth grade classes are discussing learning styles and learning differences. We are reading a story from the Mel Levine book "All Kinds of Minds". The goal is for students to understand more about their learning and to be accepting of learning differences. Fifth grade had a lesson on cyber bullying and internet safety. We emphasized the understanding that if you wouldn't say something to someone's face, you shouldn't say it in an email or text message either. Some helpful websites for you to check out are:

commonsensemedia.org

cyberbully.org

safekids.com

Casis Cares and Read Aloud

Casis Cares and Read Aloud volunteers seem to be in short supply for many classrooms this year. Please check the schedule in your child's class to sign up, or to remember when you signed up! If you would like to help in a class other than your child's, please contact me at 414-7167. The Read Aloud topic for December is caring, and January is Honesty.

Words to Live By

Back by popular demand— Excerpts from the *Dalai Lama's Instructions for Life*

- 1. When you lose, don't lose the lesson.**
- 2. Remember that not getting what you want is sometimes a wonderful stroke of luck.**
- 3. Don't let a little dispute injure a great friendship.**
- 4. Open your arms to change, but don't let go of your values.**
- 5. Spend some time alone every day.**