



CEDAR HILL COUNSELOR NEWSLETTER

Cedar Hill Elementary, Jefferson City Public Schools

**NOVEMBER/DECEMBER
2020**

November: The Attitude of Gratitude

This year, gratitude is more important than ever. The most important thing to remember is that practicing gratitude is a skill. Like all skills, they must be learned; we are not born knowing how to do them. The easiest way to learn is to practice! Here are some ways we can practice gratitude at home with our families:

- Make a list as a family each night at dinner of one thing every one is thankful for.
- Make a gratitude pumpkin
- Use grateful language.
 - Examples: "I am so lucky to have you!" "You are such a lifesaver when..."
- Help a neighbor with a chore
- Bake some goodies for family members or friends.

I am so grateful for being a part of this wonderful school family at Cedar Hill! I hope everyone enjoys the holiday break!

Cedar Hill's 2020 Gratitude Turkey



This month during counseling class, each student made a feather and wrote at least one thing they were grateful for on the feather. It was so neat to see all of the gratefulness come together!

Contact Information

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November's Lesson Topics

Kindergarten: Gratitude
1st Grade: Gratitude
2nd Grade: Gratitude
3rd Grade: Gratitude/Bullying Behavior
4th Grade: Gratitude/Bullying Behavior
5th Grade: Gratitude/Bullying Behavior

Decembers's Lesson Topics

Kindergarten: Zones of Regulation
1st Grade: Zones of Regulation
2nd Grade: Zones of Regulation
3rd Grade: Zones of Regulation
4th Grade: Zones of Regulation
5th Grade: Zones of Regulation

December: Emotional Regulation and your Child

Regulating emotions is a learned journey for everyone. Our days are filled with different emotions that we all must learn to navigate and deal with on a daily basis.

Zones of Regulation is a curriculum that helps students identify, own, and cope with good and not-so-good feelings they may encounter throughout their day. In counseling class at Cedar Hill, students will learn about the following:

- Identify what zone they are in
- Understand what triggers are for them
- Learn different coping tools that can help them regulate their emotions

Below is a description of the four zones that we can put our feelings into when we experience.

Please explore the link below to learn more about Zones of Regulation!

Zones of Regulation
Website

