

# COUNSELING CONNECTION

Mrs. Meeks February 2023



## GUIDANCE LESSONS

This month in our counseling class, we are learning about the character trait, integrity. We will talk about the importance of being strong enough to do what we know is right. We will also learn about self-esteem and how having confidence can help with achieving our goals and making good choices.

## LITERATURE CONNECTION

- Say Something by Peter H. Reynolds
- One by Kathryn Otoshi
- The Empty Pot by Demi
- If Everybody Did by Jo Ann Stover
- A Bike Like Sergio's by Maribeth Boelts
- The I in Integrity by Julia Cook
- I Promise by LeBron James

## CHARACTER TRAIT

Integrity - knowing the difference between right and wrong and choosing to do the right thing even when it is difficult.

How do we show integrity:

- Be sincere
- Treat everyone equally
- Do the right thing



## SOCIAL EMOTIONAL LEARNING

Self-esteem

Why is it important for children to have self-esteem:

- They feel confident and capable.
- They value themselves and their abilities.
- They want to try their best.
- They have a growth mindset.
- They will motivate themselves to take on new challenges.



## IMPORTANT DATES

- Feb. 17th - 6 Weeks Grade Cut Off
- Feb 20th - 24th - Winter Break
- Feb. 28th - Progress Reports Sent Home

