

Counseling News

October 2019



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St. Dominic Catholic
School Counseling



In K5, we've been talking about self-control (being the boss of our bodies) as well as learning about personal space. Students were also introduced to the idea of empathy this month with a lesson on thinking about how others might feel and how to show others that we care. We also talked about compliments – how to give them and how to receive them – and have been practicing giving compliments to one another. And finally, we had a discussion about tattling (telling an adult about something they don't need to know) versus reporting (telling an adult when something is dangerous or someone could get hurt). We will continue this discussion next month by learning about different ways to solve problems.

In 1st grade, we started the month off by talking about friendship. We discussed that everyone likes to be included and that we can be friends with anyone (even people who are very different from us). The most important part of a good friendship is that we are kind one another. We also talked about manners this month – what they are and why they are so important (other people like to be around us when we use good manners). We finished the month with a review on tattling and we will talk more next month about how to solve small problems without having to go to an adult.

Second graders have been learning about empathy this month by imagining “standing in someone else's shoes” and thinking about how they might feel. We talked about friendship as well and the idea that we don't always have to do what our friends are doing (*especially* when they are doing something wrong). We also talked about good sportsmanship and finished the month with a review of problem solving skills (Kelso).

We began the month in 3rd grade by focusing on empathy – what it means and how we can use it in our lives. We read a story that was told from 2 different perspectives and students had a chance to apply what they learned by creating an empathetic ending. We also talked about our behavior being like a magnet – sometimes it makes others want to be around us and sometimes it makes others want to stay away from us. We then talked more about friendship and the importance of including others; we practiced having good conversations; and we finished the month by thinking about technology (how often we use it, if we are being kind when we use it, and fun things to do without using any technology).

In 4th grade we continued our discussion on communication – we talked about the important role of listening as well as the harmful nature of gossip and rumors. We also talked about showing kindness to others by making everyone feel important and included. We had a discussion about which would be worse – being laughed at or feeling invisible? We also discussed that it only takes one person to reach out with kindness to set an example for others and make someone feel better.

Fifth graders have been learning a lot about information this month (it's not always easy to tell what is true and what is not true or what is fact versus what is opinion). We've also been talking about staying safe when using technology.

In 6th grade we discussed reputation and the idea that our reputation is formed by others, based on how we act. Students had the opportunity to think about what their reputation might be; if that is the reputation they would like to have; and what they could do to change the way that others think of them. We talked about perspective this month and how being open to different points of view can help us get along better with others. We reviewed nonverbal communication (body language, tone of voice, and facial expressions) and how this can help us to understand how other people might be feeling. We finished the month by reviewing peer pressure and practiced different ways to say no to negative influences.

Seventh graders have been talking about the ups and downs of digital life and how to be safe and smart when using technology.

In 8th grade this month we talked about dealing with stress. Many students have so many different responsibilities in their lives and it can feel overwhelming. We discussed healthy versus unhealthy ways to deal with stress and students had a chance to spend some time practicing healthy coping strategies. We also discussed empathy this month and talked about trying to think about things from other people's perspectives. Empathy is not a skill that comes automatically for many people but it is a skill that can be learned – and a skill that can help improve relationships with one another.