

## Here's what's happening in December with PBIS...

Last year, PBIS implemented a new way to connect our school community with each of your homes. Every month the team sent out postcards that families were able to fill out to reflect how students were exhibiting the word of the month at home. We had such an amazing response, and we loved reading about all of the ways in which students were showing their character at home. Because we received such an overwhelming response, we are going to continue with it this year! In an effort to reduce our paper footprint, we have made our postcard digital. Please be on the lookout for a Google Form to be sent out in an email. Take a few minutes to answer the questions and let us know how your child is doing at home. We will select a few postcards to share at our monthly assemblies.

For the month of December, our Word of the Month is **self-reflection**. Self-reflection can be defined as giving serious thought to one's character, actions, emotions and behaviors. For example, we may reflect on a situation and think about how we can handle it differently in the future. Be on the lookout for ways your child is showing his or her ability to self-reflect and take a moment to engage your child in conversation. What does this process look like within your family? Below you will find additional practice information, books and questions you can use at home to encourage your child to be thinking about self-reflection.

### **Read About It!**

I Am Every Good Thing

By: Derrick Barnes & Godron C. James

The Good Egg

By: Jory John & Pete Oswald

It's Not My Fault!

By: Jory John

### **Practice It!**

Each night at dinner, reflect on the day as a family. Talk about the highs and lows of the day. This provides an opportunity to self-reflect on areas of need.

### **Talk About It!**

What is your favorite part of the day?

What is something you learned today?

Reflect on something you're grateful for today.

How could you have responded differently to a situation that took place today?

Welcome back to the **Counseling Corner!** During times of transition, children may experience big emotions that require us to help them cope. As adults, we may have far more coping skills than our children given our own life experiences. There are a few things that you can do on a daily basis to help your child begin to manage his or her feelings --

1. Reflect your child's feelings: No matter what the feeling is, it can be reflected back to your child. This can occur during any conversation you have with your child, not just when your child is experiencing a big emotion. Putting a name to a feeling helps validate your child's experience and helps them to increase their verbal expression of age appropriate feelings. For example, you may say, "Wow, you are feeling so proud of yourself."
2. Normalize feelings: Everyone has feelings. Help normalize your child's feelings by letting them know we all experience feelings. Sometimes feelings can lead to unexpected behaviors, so it is important that we learn how to manage all of our feelings.
3. Practice self-regulation skills: Children need to practice ways in which they can self-regulate their emotions. Encourage taking breaks, getting enough exercise, engaging in deep breathing or other mindfulness activities such as coloring or drawing.

Book Resources: The Way I Feel (Author: Janan Cain); In My Heart: A Book of Feelings (Author: Jo Witek); Sitting Still Like a Frog (Author: Eline Snel)