

# COUNSELOR'S CORNER

## Bill Hefner Elementary School

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### *Grief and Loss*

Grief is a typical response to loss. We typically associate grief with the loss of a loved one, but it can come from many different forms of loss. The current state of the world and its consequences have caused significant loss including lives, financial, social and physical connections, and our usual ways of life.

Elementary-aged students at times do not have the skills needed to cope with the losses of which they are suffering. As parents who are also experiencing grief and loss, it may be hard to help our children manage their own responses.

We, your school counselors, teach basic coping skills such as social emotional learning of self-awareness and self-management, which can also be supplemented at home through the resources below. But, just a reminder—self-care is very important. You must put your own oxygen mask on first before you are able to help your children.

- ❑ [BHES Student Services Google Site - Parent Resources & SEL Support](#)
- ❑ [BHES Virtual Calming Room](#)
- ❑ [COVID-19 Parent and Caregiver Guide](#)
- ❑ [Choose Love at Home](#)
- ❑ [Social and Emotional Learning: Strategies for Parents](#)

### *January Highlights...*

Mentor/Volunteer Appreciation Month

Martin Luther King Jr. Day - Student/Staff Holiday (Jan. 18)

Parent/Teacher Conferences (Jan. 19-22)

Reading Benchmark, Grades 4-5 (Jan. 26)

Math Benchmark, Grades 3-5 (Jan. 27)

National School Counseling Week (Feb. 1-5)

*Morning meetings with 1st and 2nd grade classes.*

## January Guidance Lessons:

As we begin the new year, let us set the intention to Have a Lot of Fun in 2021! Make Choosing Love and spreading kindness, joy, and laughter the resolution that you will actually stick to year-long. This semester, Bill Hefner will be incorporating the Choose Love SEL curriculum into our classrooms. In January, we will start with the Courage Unit.



## JANUARY 2021

Let this calendar inspire you to start Choosing Love every day. There are little things you can do each day to show Courage, Gratitude, Forgiveness, and Compassion. This is how you Choose Love and these acts benefit you and so many others. Let's create a Choose Love ripple effect that reaches far and wide this month and through the year!

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>1</b> HAPPY NEW YEAR!	<b>2</b> MAKE A LIST OF SOMETHING NEW YOU WANT TO DO THIS YEAR.
<b>3</b> *JOKE TIME: WHAT'S SMARTER THAN A BIRD?	<b>4</b> HAVE A LOT OF FUN IN 2021!	<b>5</b> MAKE A JOKE JAR. EVERYONE WRITE A FUNNY JOKE ON A SLIP OF PAPER. EACH DAY PULL ONE OUT AND READ IT TO THE CLASS.	<b>6</b> PASS A BALL OR BOUNCE A BALL AS MANY TIMES AS YOU CAN IN 1 MINUTE	<b>7</b> CLOSE YOUR EYES AND TAKE A DEEP BREATH.	<b>8</b> WHAT ARE 3 THINGS YOU HAVE FUN DOING?	<b>9</b> SING A SILLY SONG AND DO A SILLY DANCE.
<b>10</b> TAKE A WALK OUTSIDE AND LISTEN TO THE SOUNDS.	<b>11</b> ASK SOMEONE TO PLAY A GAME WITH YOU.	<b>12</b> PLAY 2 SQUARE, 4 SQUARE OR WALL BALL.	<b>13</b> IT'S RUBBER DUCK DAY!	<b>14</b> MAKE SOMEONE LAUGH BY DOING A "TRY NOT TO LAUGH" CHALLENGE	<b>15</b> BE A GOOD SPORT, WIN OR LOSE.	<b>16</b> ** JOKE TIME: WHY DID THE MUSIC TEACHER GET A LADDER?
<b>17</b> TAKE A 30 SECOND FEEL GOOD MEDITATION BREAK.	<b>18</b> PLAN A FUN SURPRISE FOR SOMEONE SPECIAL.	<b>19</b> TRY TO JUGGLE A BALL.	<b>20</b> CREATE AN END OF CLASS ROUTINE. THINK SECRET HANDSHAKE.	<b>21</b> DRAW A PICTURE OF SOMETHING YOU HAVE FUN DOING.	<b>22</b> MAKE SHADOW PUPPETS.	<b>23</b> WRITE KIND MESSAGES ON POST-IT NOTES AND LEAVE THEM ALL OVER FOR OTHERS TO FIND!
<b>24</b> LAUGH OUT LOUD!	<b>25</b> MAKE A CLASS JOKE BOOK USING THE JOKES FROM THE JOKE JAR TO READ FROM ALL YEAR.	<b>26</b> CREATE A COMPASSION JAR AND DROP A TOKEN OR MARBLE OR LEGO FOR EVERY KIND ACT.	<b>27</b> PASS A BALL TO EACH OTHER AND PLAY A WORD GAME.	<b>28</b> WRITE A "HOW TO BE FUNNY" RECIPE OR POEM.	<b>29</b> TAKE A 30 SECOND MEDITATION BREAK.	<b>30</b> PLAY AN OLD FASHION BOARD GAME.

**31** CREATE A "ME" SPACE THAT MAKES YOU FEEL GOOD.

\* A SPELLING BEE  
\*\* TO REACH THE HIGH NOTES