

Counselor's Corner

Johnson City Elementary School

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December 2023/January 2024

Your Children Will Build Self-Esteem By...

- making progress toward their goals
- feeling accepted and understood
- practicing their favorite activities
- helping, giving, and being kind
- trying hard or doing their best
- feeling included by their families or peers
- learning new skills—whether related to sports, music, or another art
- being acknowledged—winning a prize or getting a good grade they've earned



If you want to learn more about what causes low self-esteem, how to identify if your child is struggling with their self-esteem, or want support in starting a conversation with your child, check out the resource below.

[A Guide For Parents and Carers: Self-Esteem](#)

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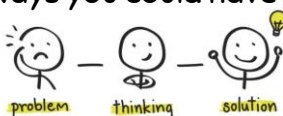


Respect,
Organization,
Achievement,
Responsibility



Practice Problem Solving!

Talk to your child about a problem you had in the past. It can be a conflict with another person, or something else. Ask your child for advice on what you could have done. Together, reflect on what you did to solve the problem and invite your child to come up with other ways you could have handled it.



December's Monthly Classroom Challenge



SOCIAL PROBLEM SOLVING



During the month of December, we were busy learning about social problem solving. We learned the difference between big and small problems and how to appropriately respond to each. Small problems can be annoying or frustrating, but we can ignore it, ask someone to stop, or take a break, etc. A big problem is one where someone is hurt or sick or it needs be solved right away. We can respond to a big problem by asking for help immediately.

Talk About It!

- Why do you think problem solving is important?
- Is it easy for you to stay calm when you have a problem? Why do you think this is important?
- What are 3 things you can do if you are having a problem with a friend?

January's Monthly Classroom Challenge



SELF-ESTEEM



In January, we learned that positive self-esteem is viewing yourself in a positive light, acknowledging your positive qualities, and understanding that you are valuable. We also learned that there are things we can do to contribute to the positive self-esteem of others.

Talk About It!

- If you could use 5 words to describe yourself, what would they be?
- Name one thing you have done that makes you feel proud.
- What is something you do that makes you feel good about yourself?

Daily and On-Time Attendance = Academic Success

Arriving On Time for School:

- Makes sure that your child doesn't miss out on the important learning activities (and breakfast!) that happen early in the day when they are most alert.
- Helps your child to learn about routines and commitment.
- Gives your child time to greet their friends before class and this can reduce the possibility of disruptions in the classroom (class disruption can make your child feel uncomfortable and can upset other children).
- Arriving on time every day makes children feel good about themselves.

Here are some tips to help you find the morning routine that works best for you and your family.

Set your clocks forward by ten minutes

Go to bed on time, so everyone is well rested

Prep the night before

- pick out clothes
- pack lunches
- pack backpacks

Give your child some responsibilities

Story of the Month

Fantastic You
By Danielle Dufayet

[Click here to hear the author read!](#)

