

Mountview Road School

Counselor's Corner: November 2022

Character Education Theme of the Month is: RESPECT

With Thanksgiving right around the corner, here are some helpful tips on how to encourage gratefulness at home!

- **Be a role model.** Like anything, when you're teaching your child a concept, it's best to model it. Kids are listening and paying close attention to our actions. So, make sure you're saying please and thank you to the cashier at the grocery store or the clerk at the bank, and especially when you're talking to your kids.
- **Encourage family participation.** Encourage your kids to take part in the family's daily functions. When kids help set the table or put dirty clothes in the washer, they realize it's not easy and can better appreciate the work that's being done for them.
- **Read books.** Choose books that offer messages about gratitude, such as "The Giving Tree" and "Have You Filled a Bucket Today?".
- **Perform Acts of Kindness.** There are many things your child can do to show appreciation for other people. This might involve returning a favor, like loaning a toy to a friend who is kind. Or it could involve a community act of service like donating toys or volunteering at a local shelter. Make it clear that there are many ways to show people that you're grateful for all they do. For example, writing thank you letters to the first responders in your community.
- **Practice saying no.** It's important to have some no's in between all the yes's because it's impossible to feel grateful when your every wish is granted. Children need to understand that they won't get everything, so when they do get something they want they will be grateful. Further, giving kids everything they want doesn't prepare them for life because they won't get everything they want in life. It's important that kids know how to deal with 'no's' and learn to be grateful for what they already have.

- **Discuss gratitude daily.** It's good practice to get into a routine of discussing the "roses" of the day and the "thorns" of the day. Whether it's over the dinner table or at bedtime, it teaches kids to be thankful for the good things that happened that day. Plus, you can discuss ways to help them overcome the challenges of the day.
- **Be optimistic.** Teach kids to see the bright side of things. Positive emotions can have a big impact on kids' lives, leading to happier, less stressed and more connected children.

For more information on encouraging gratitude at home please visit: <https://www.verywellmind.com/how-to-teach-children-gratitude-4782154>

As you all know, during the month of October, we celebrated the Week of Respect and Red Ribbon Week! I previously shared a collage with pictures from the Week of Respect. Below, check out pictures from our Red Ribbon Week spirit days!



Important Dates/Events

- **November 10-11:** School's Closed - NJEA Teacher's Convention
- **November 16:** Early Dismissal - Afternoon Parent-Teacher Conferences
- **November 17:** Early Dismissal - Evening Parent-Teacher Conferences
- **November 18:** Report Cards Released
- **November 23:** Early Dismissal
- **November 24-25:** School's Closed- Thanksgiving Holiday

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