

OCTOBER 2023

Red Ribbon Week

RECAP

AT A GLANCE

- Students participated in dress-up days, morning assemblies, counselor classroom lessons, and a grand finale TNT Dunk Squad assembly to emphasize that healthy choices are a slam dunk!
- Tip: Ask your students about what our brains look like when we "flip our lids!"

K-2



Second Step Counseling Lessons: Red Ribbon Week Edition

K-2 Students: participated in Second Step lessons with the objective of educating students on how managing emotions helps us make good decisions. Students practiced using emotional cues to know when to use the Second Step Calm Down Steps of:

Stopping to slow down > **Naming your feeling** > **Calming Down** > using **Positive Self Talk** in order to engage their thinking brain.

Our K-1 students watched this video to support their lessons:

<https://www.youtube.com/watch?v=UwntoDUP-U8>

Our 2nd grade students watched this video to support their lessons:

<https://www.youtube.com/watch?v=Kx7PCzgOCGE>

3rd-5th



Second Step Counseling Lessons: Red Ribbon Week Edition

3rd- 5th Grade Students: received lessons with the objective of learning the science behind making good decisions by using the "hand model of the brain." Each grade received a review

of what happens when our emotional brain takes over and how to connect our emotional brain to our logical brain in order to get in a wise, "whole brain mind."

Our 3rd grade students watched this video to support their lessons:

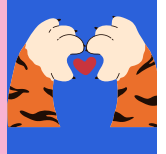
<https://www.youtube.com/watch?v=Kx7PCzgOCGE>

Our 4th and 5th grade students watched these two videos to support their lessons:

<https://www.youtube.com/watch?v=Kx7PCzgOCGE>

<https://www.youtube.com/watch?v=QHha2e9b9UA>

In addition to our counseling lessons on practicing a "**wise mind**," all scholars received morning lessons about the importance of taking care of our brains and bodies by **sleeping well, eating right, exercising**, and by using **deep breaths** and **affirming self talk**. We want our Tigers to take care of their brains so they are able to make healthy choices for life!



Thank you all for participating!

Related Parent Resources:

***The Whole Brain Child* - Dan Siegel**

***No Drama Discipline* - Dan Siegel**