

Counselor's Corner



TIJERAS CREEK ELEMENTARY SCHOOL: | NOVEMBER 2023

IN THE CLASSROOM

NOVEMBER SCHOOL COUNSELOR ACTIVITIES:

Ms. Cress will be in the classroom for Second Step lessons for grades TK-2nd and will be hosting a special lunch time gratitude activity. Having an attitude of gratitude helps our brains! See below for the science of gratitude and overall well-being, as well as resources for increasing gratitude and mindfulness in your home.

NOVEMBER CLASSROOM LESSONS:

- TK/K: Cultural Proficiency: "Some Do, Some Don't."
- 1st: Cultural Proficiency: "Understanding People"
- 2nd: Cultural Proficiency "Appreciating Differences"
- 3rd - 5th grade: Lessons Resume in December due to a short curriculum month.



HIGHLIGHT OF THE MONTH

THE SCIENCE BEHIND GRATITUDE

Why gratitude is Important for us all:

EMOTIONAL REGULATION



Noticing what we are grateful for increases self awareness and mindfulness. Mindfulness helps children recognize their emotions, understand them, and respond to them in a healthy way.

IMPROVED BRAIN HEALTH



Studies have shown practicing gratitude by noticing and sharing what you are grateful for increases neuronal pathways in your brain and increases serotonin ("the feel good hormone") levels.

STRESS REDUCTION



Noticing the good helps the brain stay integrated. Wiring a "safe" and connected brain helps students feel connected to the environment around them, decreasing stress and increasing focus.

INCREASED EMPATHY



Studies also show that those who practice gratitude have higher emotional intelligence and increased empathy towards others.

BETTER SLEEP



Gratitude helps calm the mind. An overall "safe" and calm mind help children fall asleep easily and enjoy a more restful night.

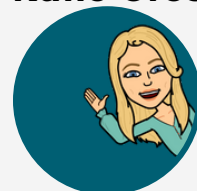
RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- Science Behind Gratitude Article and Video- click [HERE](#)
- Gratitude Activities for Families- click [HERE](#)
- Mindfulness = Gratitude! Family Mindfulness Schedule- click [HERE](#)
- Mindful Parenting Family Toolkit - click [HERE](#)



TIJERAS CRESEK SCHOOL COUNSELOR Katie Cress, M.S., P.P.S



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