

# Counselor's Corner



Locust Grove Elementary | NOVEMBER 2024

## IN THE CLASSROOM

### NOVEMBER CLASSROOM LESSONS:

Speak Up Be Safe Lessons

- K: SUBS
- 1st: SUBS
- 2nd: SUBS



### SCHOOL COUNSELOR ACTIVITIES:

- *Kindness Week 11/11-11/15*
- *Student of the Month Recognition*
- *SUBS - November*

## HIGHLIGHT OF THE MONTH

### THIS MONTHS THEME: *GRATITUDE*

*Practicing gratitude is an excellent way to improve our mental well-being. Here are some benefits your child may experience from practicing gratitude:*



- Increased self-esteem
- Increase in positive emotions: happiness, optimism, enthusiasm, and love
- Increase in kindness and generosity
- Fewer physical problems

- Sleep better
- Decrease stress and ability to cope with stress more effectively
- Live longer - being thankful adds 7 years to our lives!

#### Thanksgiving Gratitude

Turn gratitude into a fun family activity by playing The Gratitude Game - click [HERE](#)



#### Gratitude For Our Veterans

This Veteran's Day (Nov. 11th), show gratitude to our Veterans by thanking them for their service to our community and country. Your child can use this [Thank a Veteran](#) template to write a letter of thanks.



## RESOURCES

### TIPS FOR PARENTS/GUARDIANS:

- Military Family Resource Center - Click [HERE](#)
- Practicing Gratitude as a Family - Click [HERE](#)
- How to Practice Gratitude - Click [HERE](#)
- Making Gratitude Fun for the Whole Family - Click [HERE](#)



### SCHOOL COUNSELOR/MENTAL HEALTH WELLNESS FACILITATOR



Ms. Joyner, Counselor  
 Ms. Barnes, Counselor  
 Mrs. Lobban-Phillip, Counselor  
 Mrs. Muhammad, MHWF