Counselor's Corner

Locust Grove Elementary | NOVEMBER 2024



N 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

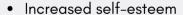


HIGHLIGHT OF THE MONTH



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:



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

Thanksgiving Gratitude

Turn gratitude into a fun family activity by playing The Gratitude Game – click **HERE**



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

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





Ms. Joyner, Counselor Ms. Barnes, Counselor

Mrs. Lobban-Phillip, Counselor

Mrs. Muhammad, MHWF



TIPS FOR PARENTS/GUARDIANS:

- Military Family Resource Center Click <u>HERE</u>
- Practicing Gratitude as a Family Click HERE
- How to Practice Gratitude Click **HERE**
- Making Gratitude Fun for the Whole Family Click

<u>HERE</u>