
December 2021

School Counselor Newsletter

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For many of us this past year has proven to be challenging. The challenges and difficult life situations are called adversity and are a part of life. Some other adversities in life include the loss of a loved one, moving to a new school, family separation, divorce, rejection, school failures, and troubles with friendships. In order for our students to overcome adversity, we need to teach them to be resilient and persevere. Resilience and perseverance are great indicators that will allow our students to be successful in the future.

How to build resilience in children

It is not possible to always protect your child from the ups and downs of life. Life can be beautiful and challenging but by fostering these ideas in your children now, you will help them grow successfully in adolescence and help them better navigate adulthood.

- Allow them to experience disappointment. They will learn that sadness (like any emotion) is temporary.
- Validate their fears. Even if they are afraid of something, help them make plans to do the things that scare them.
- Encourage them to try new things, make mistakes, and learn from those mistakes.
- Give them the opportunities to make their own decisions and problem solve.



Ms. Tovar

The month of December I will be focusing on individual and group sessions. Please reach out if you have any questions or concerns about your child's emotional wellbeing. If you would like to refer you child to counseling, please talk to your child's teacher.

Deep Breathing Tool:

The purpose of this is to relax our bodies and heart beat by focusing and controlling our breaths. When we focus on our breathing, we can distract ourselves from the trigger.

- Take a deep breath through your nose until your lungs get full
- Hold your breath for 3 seconds
- Slowly release your breath through your mouth
- Repeat 3 to 4 times