

April 2022

# School Counselor Newsletter

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Patience is the calm acceptance that things happen differently than how we had planned it in our minds. This concept might seem obvious to many, but especially now it is so important to remember why having patience is necessary. Patience is essential to daily life! It can actually make us happier if we practice it. It is not only the ability to wait, but the ability to keep a positive attitude while waiting.

## Patience Tool

*I am strong enough to wait.*

### 4 tips to teaching kids patience:

1. Teach patience by starting small. Next time your child ask for something, tell them, "Yes, I will help you!" But then move slowly. Let your child see that you are 'working on it' but don't dash to help as fast as you can.
2. Acknowledge the difficulty of waiting longer. Tell him/her you are proud of him for wanting to wait, even though it's really hard.
3. Practice patience through play. Playing games is a great way to practice patience and practice waiting for your turn.
4. Model patience yourself. By watching our children's behaviors, we can see what habits we have picked up ourselves and adjust them accordingly, if needed.



## Ms. Tovar

Hello! This month students will have the opportunity to work on a Self-Care Spring Break Booklet during their spring break. Students can complete the booklet and turn it in to their teacher by Wednesday, April 20<sup>th</sup>. The booklet needs to be signed by a parent/guardian. The class with the most completed will win a class prize.

### Toolbox Club:

Our toolbox club members met last month and discussed the breathing tool. The breathing technique they shared/taught with students was the 5 finger breathing.

