

COUNSELOR'S CORNER

Winter 2023



SOCIAL EMOTIONAL LEARNING LESSONS

- Our winter SEL lessons have begun with the focus on Competencies of Social Awareness and Relationship Skills. We pride ourselves in building a caring and responsive community. Emotion researchers generally define empathy as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. With that, every classroom will be talking more about empathy and what that looks like at MTES. In grades K-2, our empathy lessons focused on recognizing feelings in ourselves and others. In grades 3 and 4, we will also discuss why understanding the perspectives of others helps us to be more empathetic. A key developmental skill is being able to recognize multiple perspectives and see a situation from someone else's perspective. Leading expert in the field, Dr. Brene Brown shares the four steps to building empathy....
- Perspective taking.
- Staying out of judgment.
- Recognizing someone else's emotions.
- Communicating that you understand an emotion and responding in appropriate ways.

In the following videos, Dr. Brene Brown shares her teachings and insights:

[Empathy video by Dr. Brene Brown](#)

[Dr. Brene Brown TED talk](#)

Self-Regulation

Self-regulation is a skill that students need to learn and practice to help regulate their emotions. This year, our classroom teachers are creating a unique, designated area to help build the skill of self-regulation and promote emotional development. The area is set up with access to visuals to help students slow down and think about what is happening in their bodies and mind. Here they can take a minute to use a breathing technique and other activities meant to calm their body so they can reflect on what they need to do differently or next. When a student is feeling anxious, upset, frustrated or overwhelmed, they have the opportunity to spend a quick moment to self-regulate. Here are some photos of a few of these areas:



If your child needs practice with self-regulation, we encourage you to set up an area like this in your home also. You can also model regulation for them and for our youngest students, co-regulate with them.

For more information, this is a helpful article from the Child Mind Institute,
[How Can We Help Kids With Self-Regulation?](#)

Warmest regards from your school counselors,

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