

Ostmann Elementary  
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# Counselor's Corner

## Exploring the 7 Habits

### Habit 1: Be Proactive- You're in Charge

- I have a "Can Do" attitude and always try my best at everything I do.
- I follow directions and do the right thing without being asked, even when no one is looking.
- I choose my actions, attitudes and moods and don't blame others for my wrong doing.

The 7 Habits of Happy Kids correlates beautifully with the counseling curriculum and Ostmann Bucket Fillers. Throughout the month of September, students and staff at Ostmann will explore Habit 1 and learn how we can be proactive at school, home and in our community. We will continue to have Explorer Leadership Days and recognize a student leader for each grade level. Our first Explorer Leadership Day is scheduled for Friday, September 18th.

## Classroom Guidance Lessons

Classroom Guidance Lessons will focus on the three areas of Self-Regulation.

- Physical- students will learn the importance of developing physical calming skills.
- Emotional- students will learn strategies to improve their ability to identify, express and rate emotions.
- Cognitive- students will use critical thinking and self-monitoring to problem solve and focus on what they can and cannot control.

## Small Group Counseling

Small Group Counseling sessions are offered at various times throughout the school year. These groups are formed to help meet the individual needs of students. I am currently in the process of forming a **Family Changes** group. Family Changes is a group for students who are struggling with a past or recent divorce/separation or struggling to adjust to parents getting remarried, new step-siblings, etc. The group meets during the school day, once per month, for approximately 30 minutes. If you feel your child would benefit from this group or would like further information, please contact me at school.