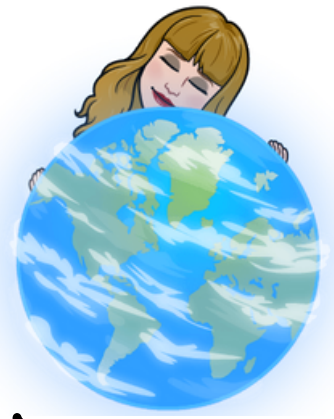




APRIL



Ms. Johnson's Counselor Corner

Focus of the Month: Positive Attitude

This month, our STARR Positive Behavior focus is POSITIVE ATTITUDE.

Students who have a positive attitude are optimistic about schoolwork, interactions with others, and themselves.

Here are ways you can show a positive attitude:

- **Look on the bright side** - even when things don't go the way you want, try to find something good in the situation.
- **Stay positive about challenges** - when something feels hard, tell yourself "I can do this!" and keep trying.
- **Take responsibility** - if you make a mistake, admit it, and learn from it so you can do better next time.
- **Be proud of your work** - celebrate your achievements, no matter how big or small, and feel proud of what you've done.



Students demonstrating positive attitude at school may receive a STARR sticker recognition!

Wellness Tip: Get Comfortable with Self-Talk

You might think it's a little bit odd or funny to talk to yourself. But did you know that telling yourself positive things can actually boost your mood and make you feel more confident?



Try saying things like, "I've got this!" or "I am kind and brave!" or "I can stay calm." Saying these words out loud or in your head can help you feel stronger and more ready for the day.

Try it next time you're getting ready for school, when you're about to do something difficult, or when you're feeling frustrated or worried. The more you practice, the easier it gets!



SEL Book of the Month: Good News, Bad News



In this book, the author uses only four words to show the different mindsets of two friends, Rabbit and Mouse. The story follows along as Rabbit and Mouse go on an adventure together. Rabbit views the different experiences of the day positively while his friend Mouse views things more negatively.

This book uses expressive pictures to show differing mindsets and how changing your thinking can also change your outlook on life.

Watch/Listen on YouTube:

<https://www.youtube.com/watch?v=8lpo-0rouC4>

Counselor Advice: How To Handle Disappointment

Sometimes, things don't turn out the way we hoped. Maybe you didn't win a game, get picked for a special job, or something just didn't go as planned. It's okay to feel sad or frustrated—everyone feels that way sometimes! What matters is how you handle those feelings in a positive way.



Here are some ways to deal with disappointment:

- **Take a deep breath** - Giving yourself a moment to pause can help you stay calm.
- **Talk about it** - Sharing your feelings with a friend, teacher, or family member can make you feel better.
- **Find the good** - Even if things didn't go your way, was there something fun or positive about the experience?
- **Keep trying** - Disappointment doesn't mean you should give up—it's a chance to learn and grow.
- **Be kind to yourself** - Everyone faces setbacks. Remind yourself, "I did my best, and I'll have another chance."

Remember, disappointment is just a small bump on the road to success.
Keep going—you're stronger than you think!

Contact Information:

If you believe that your child would benefit from meeting with me, or if you would just like to share any concerns you have about your child, please feel free to email me at rebeccajohnson@neshaminy.org. I will respond to you with an email or a phone call as soon as possible.