



# MARCH

## Ms. Johnson's Counselor Corner



### Focus of the Month: Courage

This month, our STARR Positive Behavior focus is COURAGE.

Students who are courageous demonstrate the ability to make good choices in the face of fear or obstacles.

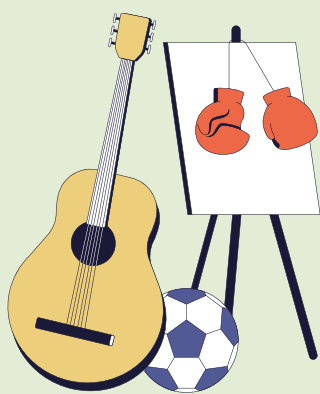
#### **Here are ways you can show courage:**

- Ask questions in class, even if you think it might feel silly
- Stand up for a friend or classmate if you see them being treated unfairly
- Try something new, whether it's a new activity, sport, or game, to step out of your comfort zone
- Apologize when you've made a mistake, even if it's hard to do
- Participate in class discussions, even if it feels intimidating, to share your ideas
- Express your own opinion, even when it's different than how others feel



Students demonstrating courage at school may receive a STARR sticker recognition!

### Wellness Tip: Try a New Hobby

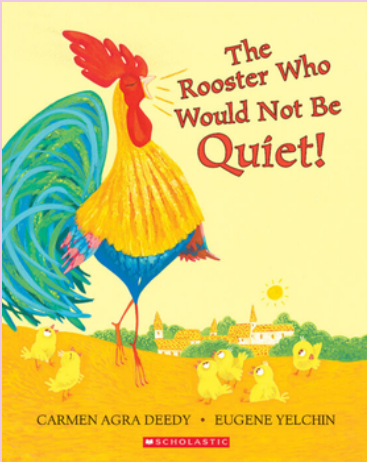


Exploring a new hobby is a great way to discover new talents and interests while boosting well-being. Whether it's drawing, playing a musical instrument, gardening, playing a sport, or learning to cook, trying something new can help you express your creativity and challenge yourself in a fun way.

A new hobby can also provide a healthy distraction when feeling stressed or overwhelmed. It's a wonderful way to relax and take a break from schoolwork. Plus, sharing your hobby with friends or family can be a fun way to connect and feel good about what you're doing.



## *SEL Book of the Month: The Rooster Who Would Not Be Quiet!*



The Rooster Who Would Not Be Quiet! is a powerful tale that celebrates the spirit of courage and freedom. La Paz is a happy, but noisy village. A little peace and quiet would make it just right. So the villagers elect the bossy Don Pepe as their mayor.

Before long, singing of any kind is outlawed. But there is one rooster in town who refuses to be silenced. No matter the cost, he summons his courage to persevere and be heard.

Watch/Listen on YouTube:

<https://www.youtube.com/watch?v=SaicSXE4KBk>

### *Counselor Advice: Standing Up For Yourself*

Standing up for yourself means speaking up when something isn't right or when you feel upset or uncomfortable. It helps you let others know how you feel and what you need. When you stand up for yourself in a respectful way, you're showing that you respect yourself and others.



Here are some healthy ways to stand up for yourself:

- **Use your words** - Say exactly how you feel and why. For example: "I don't like when you take my things. Please ask me first."
- **Stay calm** - Try to keep your voice steady and body relaxed, even if you're upset.
- **Be polite, but firm** - It's okay to say "no" if someone is asking you to do something you're not comfortable with.
- **Ask for help if you need it** - Talk to a trusted adult if you aren't sure how to handle a situation, or if you tried and it's not getting better.
- **Use "I" Statements** - For example, you can say "I feel sad when..." instead of "You always..." to help avoid blaming others and share how it is making you feel.

Standing up for yourself doesn't mean being mean or hurting others. It's about being kind, clear, and confident in expressing your feelings.

### *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](mailto:rebeccajohnson@neshaminy.org). I will respond to you with an email or a phone call as soon as possible.