

## GUIDANCE - MRS. MAYLE

### 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Grade Classroom Lessons - Coping With Conflict Program

We continued the discussion of anger management during a conflict. It is important to be able to recognize our own anger and be able to calm down



so that we don't "foul" (things we do and say that hurt another person's feelings or body). It is important to be your own "referee" and stop yourself from fouling so the conflict doesn't become bigger. We discussed "hot" thoughts and "cool" thoughts. Hot



thoughts are negative thoughts like, "That's not fair", and "I hate this". Cool thoughts are more positive thoughts like, "It will be ok", "It's not worth getting angry", "I can solve this problem". Our thoughts create feelings, which influence our behavior. So, one way to calm



down is to turn the hot thoughts into cool thoughts. We do

this by picking a cool thought and repeating over and over in our minds. We discussed other ways to calm down including: counting to 10, doing any type of physical activity, writing, reading, drawing, talking to someone not involved the problem, listening to music, getting a drink, going to a quiet space, watching TV, playing video games, squeezing putty, playing with a pet, thinking about a "happy place", and taking deep breaths. Once we are calm, we can implement other strategies to solve the conflict, which will be the topic of upcoming lessons.

### Kindergarten

I also visited the kindergarten classrooms as well. Students saw a puppet show about tattling. In the show, a little boy, Terry, tattles on others for throwing paper, for not playing with him, and for feeding peas to the pet dog. The children who were tattled on did not like it and didn't want to play with Terry. Dad encourages Terry to be a "reporter". This means reporting when someone is in trouble, hurt, or damaging property.

We also read a book titled My Mouth is a Volcano. It was about a little boy, Louis, who was always "erupting" (interrupting) others at school and home. This upset the people around him and sometimes he would get in trouble. One day he is interrupted by others and discovers that he doesn't like it. He learns to keep his words inside his mouth until it is his turn to talk, unless it is an emergency.



### Parenting Ideas - Love and Logic

Included in this and upcoming newsletters, there will be information sheets with ideas from the parenting program Love and Logic. On March 5, 2009, Ron Chidsey, will be presenting a Love and Logic program, from 7-9 p.m., at the High School. More information about this evening program will be sent home at a later date.