

School Counseling Newsletter

Hainesport School Counseling Department

March 2022

Resources to Explore:

[Empathy Is Your Superpower: A Book About Understanding the Feelings of Others](#)

[Those Shoes](#)

[Real Friends](#)

[A Little Spot of Empathy by Diane Alber | Read Aloud Fun](#)

[Kindness Starts with You \(At School\)](#)

[You, Me and Empathy by Jayneen Sanders | Read Aloud](#)

What's Up in K-5th Grade?

K-5th grade students are now onto Unit 3 of Second Step! Students began Unit 3 on January 28th, 2022. In Unit 3, students will learn about empathy and kindness. This unit's themes are: decision making, empathy, perspective taking, planning ahead, thoughts, emotions, values, etc.

The goals of this unit include students being able to:

- Ask questions to learn about others' points of view
- Describe another person's point of view about a given question
- Describe how taking someone else's point of view could influence their own thinking or actions

This unit's program themes are: empathy, perspective-taking, and thoughts & emotions.

Important Dates in March:

Dr. Seuss Week

Monday 2/28-
Friday 3/4

PTO Book Fair

Monday 2/28 -
Wednesday 3/9

Spring Begins!

March 20th,
2022



What's Up in Middle School?

Middle School students continue to work through Unit 3 in Second Step.

Students continue to:

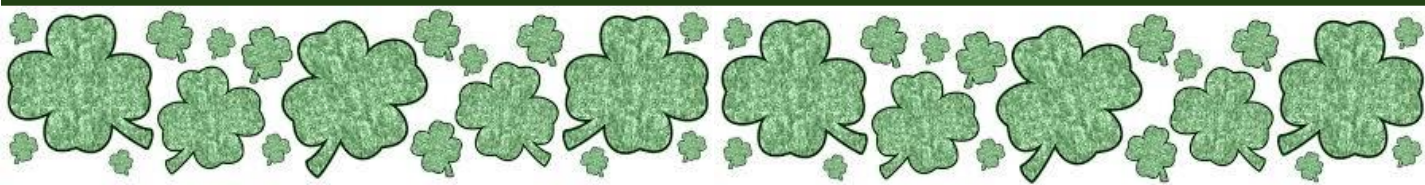
- ★ Recognize when they are feeling stressed or anxious
- ★ Recognize that some stressors can provide positive challenges and opportunities for growth
- ★ Apply stress-management strategies to cope with their stress

Students are identifying and understanding the current themes of the unit: Program Themes

- ★ Resilience
- ★ Staying Calm
- ★ Thoughts and Emotions

March's Quote to Remember:

“Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another.”



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