

Del City Elementary
April - May 2020

Curriculum Focus: The 7 Habits of Happy Kids

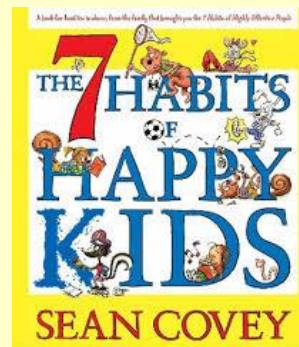
A Note for Families

Hello families! I sure do miss seeing all of the kids' sweet faces. This newsletter explains some helpful information about my role as the counselor and the counseling curriculum for the rest of the school year. There will be some online components as well as activities you can do at home that do not require technology. I want everyone to have equitable access to resources during this time. I will be using the book *The 7 Habits of Happy Kids* to guide the curriculum for the rest of the year. It is a wonderful resource! I will be posting read alouds every Monday on the Del City Elementary Facebook page, and I will send the video to teachers so they can post on classroom sites. The following link also provides videos and activities that go along with the 7 habits:

<https://www.leaderinme.org/family-resources/>

Another wonderful resource is the Mid-Del Elementary School Counselor Page at <https://mid-delcounselors.weebly.com/>

A BIG SHOUTOUT TO LEADER IN ME, SEAN COVEY, AND SIMON & SCHUSTER PUBLISHING FOR ALLOWING ME TO READ ALOUD THE 7 HABITS OF HAPPY KIDS AS WELL AS ALLOWING FAMILIES TO ACCESS FREE RESOURCES.



Activities for Home

Habit 1: Be Proactive: I'm in charge of me

- What are some things we can control in life? What are some things we can't control? Draw a small circle, then draw a bigger circle surrounding it. The small circle represents things we can control. The outer circle represents things we can't control.

Habit 2: Begin with the End in Mind: Have a plan

- As a family, create a family mission statement. This is like a constitution your family lives by. It represents the purpose and values of your family. Mission statements come in many forms from phrases to pictures.

Habit 3: Put First Things First: Work, then play

- Daily activities sort. Discuss or create a list of things you do each day from morning to night. Sort the list from most important to least important.

Habit 4: Think-Win-Win: I win, you win, we all win

- You and a family member both want to watch t.v. What would be a win-win outcome?

Habit 5: Seek First to Understand, Then Be Understood: Listen then talk

- Practice using reflective listening. When a family member is speaking to you, repeat back what he/she is saying to make sure you understood.

Habit 6: Synergize: Together is better

- Synergy Saturdays! Set aside time to discuss things you value about each family member. This can include sharing memories or just naming qualities you admire.

Habit 7: Sharpen the Saw: Balance feels best

- Discuss things that are good for your heart, mind, body, and spirit. Set aside time each day to do some of these things. Examples for me: heart-spend time with loved ones, mind-puzzles, body-exercise, and spirit-read inspirational literature

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Virtual meetings through Zoom or Google Meet Hangouts can also be requested. If you are an essential worker and these times do not work for you, please let me know, so we can set up an alternative.