

# Dugger Elementary

School Counseling Newsletter

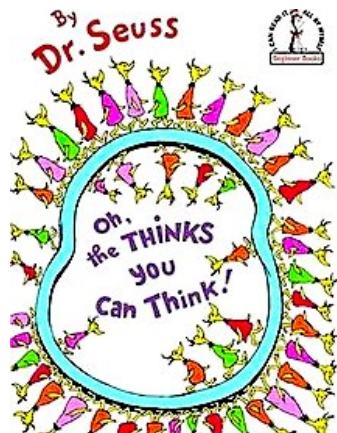


## Spring is finally here!

Let's make the next couple months the best yet!

The theme of this spring is *creativity*! As the school year comes to an end we need to come up with creative ways to stay focused on our work. Get work done on time, follow your teachers directions, and keep your friends motivated!

**BOOK CLUB**



**HIGHLIGHTS:**  
 Creating ideas  
 Being unique  
 Using imagination

## Stay Focused



Follow directions and listen.



Do one thing at a time.



Set goals for the end of the year!

## Got a problem? Solve it!

Here are some tools for solving a problem you might have at school or with a friend:

### Say the problem.

Say the problem without blaming the other person. Talk about why you are upset and allow the other person to talk too.

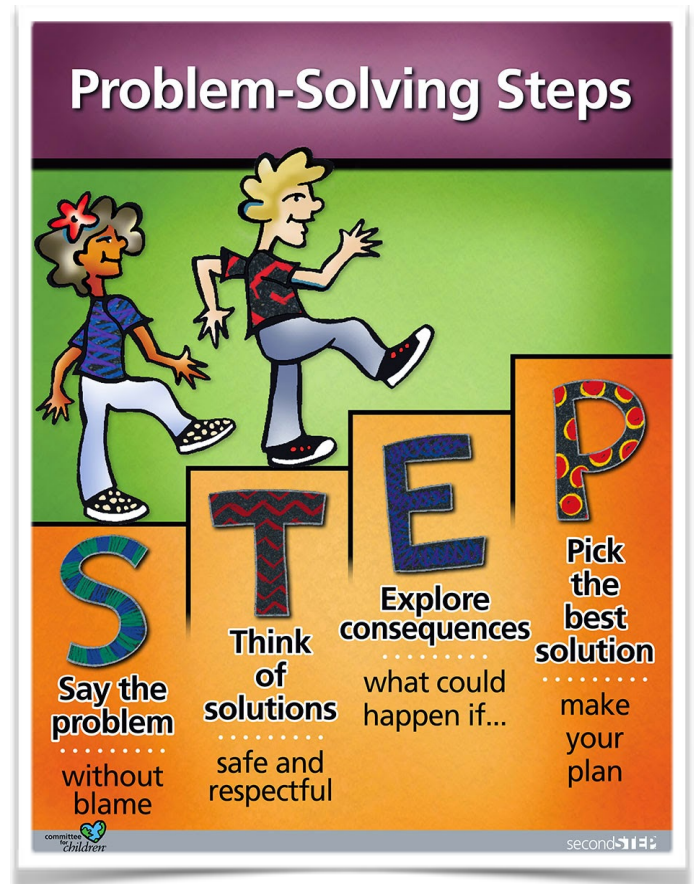
### Think of solutions.

Brainstorm! To brainstorm means to think of a bunch of things together. Brainstorm ways to solve your problem together.

### Explore consequences.

What is a consequence? A consequence is something **GOOD** OR *bad* that will happen if you choose for each solution you come up with! LAST...

### Pick the best solution!



## WHAT MAKES A GOOD FRIEND?

Do these sound like you?

- Be **CARING** - When a friend comes to me with a problem, I listen
- Be **GIVING** - I give my friends my time and support instead of caring only about myself.
- Be **THANKFUL** - I am thankful for my friends and the support they give me. I show this by treating them the way I would like to be treated.
- **SERVE OTHERS** - I ask my friends and classmates how I can help them.

