



September Counselor Newsletter



Our first counseling theme for the school year and the month of September is **self-love**. Self-love is one of those skills that gets overlooked all too often. Sometimes we assume our students will inherently know to love themselves or that they live in a home where self-love is practiced and encouraged, but that's not always the case. Our Catholic faith teaches us that God makes us in his own image and likeness. No two people are alike, in fact it is our differences that make us unique!

Children are quick to identify what is different about themselves. Many of them want so desperately to fit in with the crowd and fear standing out. Instead of celebrating their differences, many students worry and struggle with being seen as an individual.

Learning to love oneself and the abilities they were blessed with takes time. The sooner a child can grow in confidence and learn to appreciate themselves, the more successful they can become. Self-love can be their superpower!

Activity of the Month

What makes you you, also makes you unqjie!

Elementary Grades Prek3-1: Students will read the story *What I Like About Me!* By Allia Zobel-Noon. The story provides examples of students embracing their own identity; quirks and all! After the story we will do an activity where they will have to draw a self portatit in a mirror exactly as they see themselves. Outside the mirrors they will write words expressing what they love about themselves.

Elementary Gardes 2-5: Students will read the story *Who You Were Made to Be* by Joanna Gaines. The story follows a group of children as they each build their own hot-air balloons. As the kids work together, leaning into their own skills and processes, we discover that the same is true for life it's more beautiful and vibrant when our differences are celebrated. After the story we will complete an activity where students will make their own posters. These posters will highlight what makes them unique and how they share those gifts.

Middle School- Students will learn about affirmations. Affirmations are popular ways to combat low-self esteem in adolescents. After understanding what affirmations are, students will write their own "I am" statements. Each statement can identity different aspects they about themselves or things thye are proud of.



What can be done at home?

Learning to teach your children to express themselves and love themselves unconditionally takes time and effort

-  Make them feel important and use compliments
-  Validate their insecurities, then teach positivity
-  Don't talk negatively about yourself- parents and teachers set the example
-  Write positive messages or put "self-love jars" around the home
-  Model and teach gratitude

Contact Me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at dabrosca@seseton.org or calling 239-455-2262