

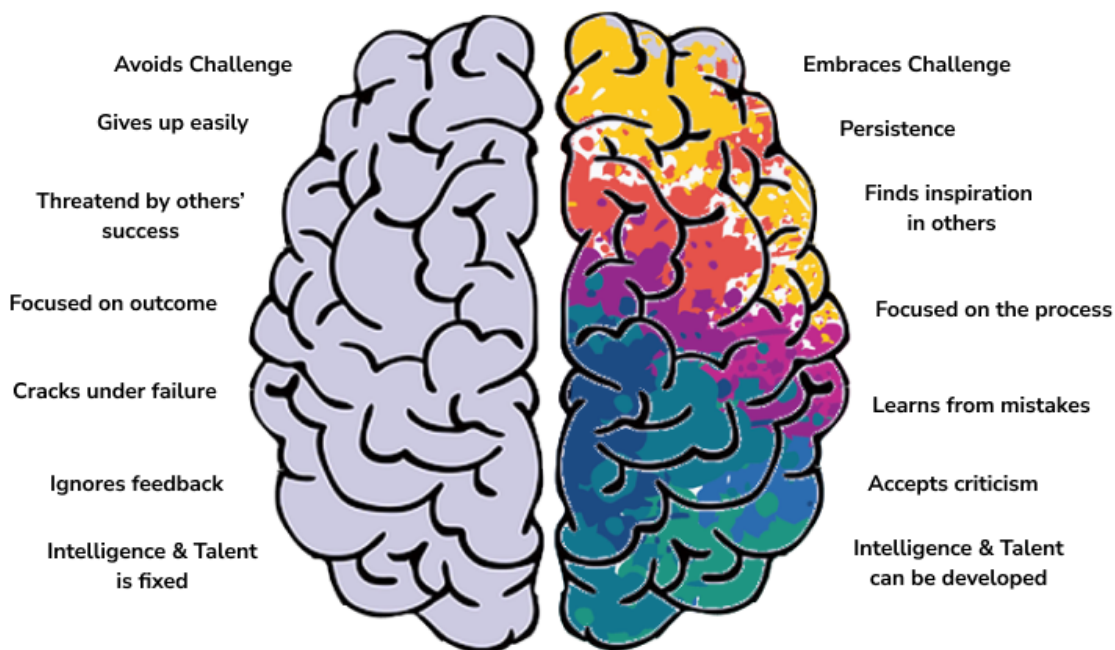


We hope everyone who celebrated had a wonderful, restful, and enjoyable Thanksgiving! It's important to spend time with your loved ones, whether that be family or friends, especially now that the days are shorter and the holidays can be stressful. Staying connected with others is key for your well-being, both for our students and the adults who are raising them!

[6 ways you can make yourself feel more connected:](#)

1. Surround yourself with people of shared interests: whether this be a sports team or a book club (or something else entirely) it's important to get out there and physically see other people. Check out your local library to see what kind of events and groups they have going on!
2. Overcome your resistance to build meaningful relationships: it's normal to fear rejection, however you'll never know unless you try!
3. Smile (once in a while) and try out a positive attitude (growth mindset): research shows that people are drawn to more positive emotions than negative emotions when socializing. This does not mean you must be happy all of the time, however - do try to practice gratitude to help build that foundation of optimism in your life!
4. Open up to others: allow yourself to be vulnerable and genuine with others. You never know who may have the same experiences or interests as you!
5. Don't hide in your phone: try to stay engaged in the present moment. Be mindful of your social media and phone use while with others.
6. Stay in touch: Not only through text messages and social media, but make an active effort to get together physically with others. There's only so much connectedness we can feel through technology.

Fixed Mindset vs. Growth Mindset



Brain Power
ACADEMY

© Academy.Brain-Power.com

Made for "Tapping into Student Motivation"
a Brain Bite™ Course

Restorative Practices

Using affective statements is a great way to carry over restorative practice work from our classrooms to your living rooms.

“Affective statements are a way to communicate to another person how they have affected you by their behavior, either positively or negatively. They can be offered when you see someone doing something that makes you uncomfortable or impacts you in some other way. They offer an alternative to comments that are implicitly judgmental and can lead to confrontation, argument, and further conflict.”

Below is a sentence frame that can help to formulate an affective statement:

I feel ____(state the impact)____

When __ (identify the behavior) __
What I'd like is __ (state the preferred action) __

Example: *"I feel hurt when I hear people speak unkindly to each other.
What I'd like is for all of us to be mindful of our words and speak
respectfully to each other."*

Affective statements are when we own our feelings instead of placing blame on others. We use "I-statements" instead of blaming language (you/he/she/they...) to own our feelings and explain why we feel the way we do.

An example of blaming language would be:
*"You are always speaking unkindly to others, this makes me feel very
angry. Don't speak unkindly to others anymore."*

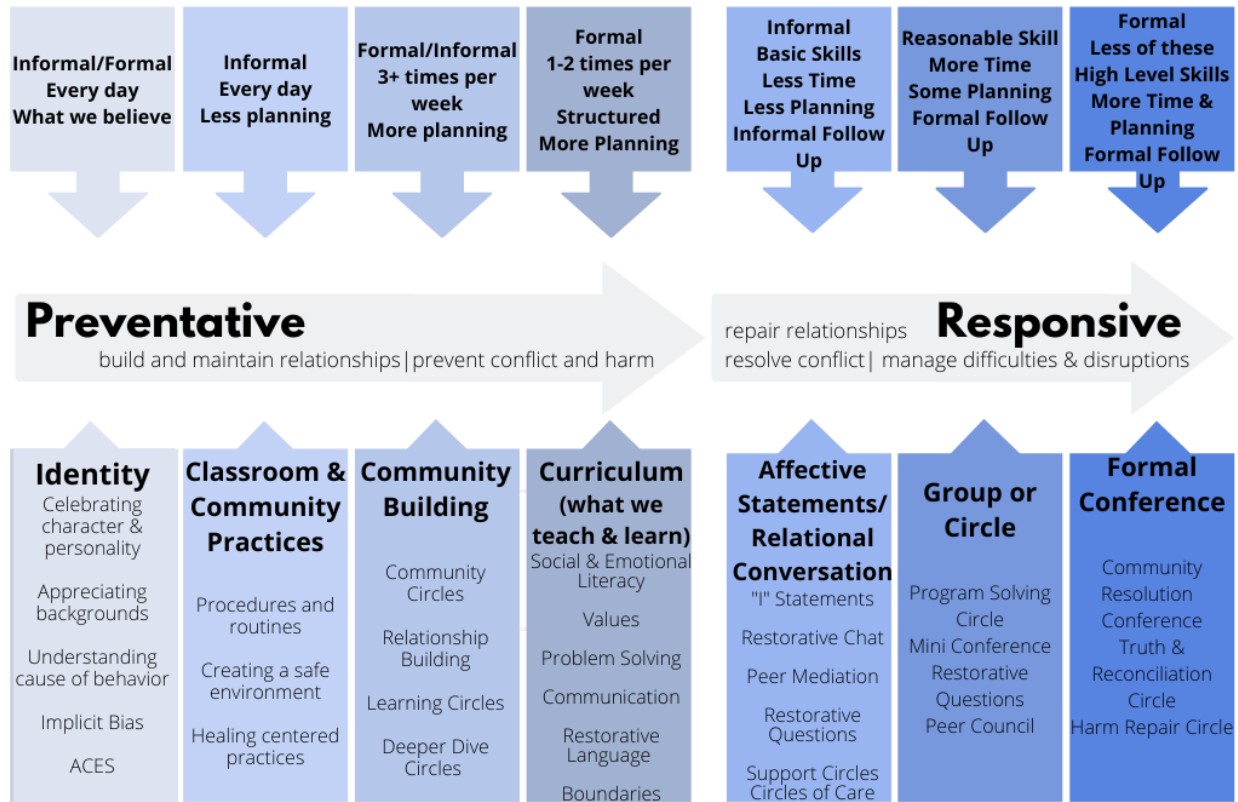
The above places blame for the feeling on the person who is speaking unkindly when in reality we are in control of our feelings and need to own them. By saying "I feel hurt" it allows us to own that we feel hurt but does not blame the person for making us feel hurt.

When we let others know how we are feeling, they may be more willing to listen and also be more willing to change their behavior in a positive way.

(source: [Restorative Resources: Affective Statements Practice](#))



Restorative Schools & Communities



Adapted from Wachtel and McCold, 2001

Classroom Lessons

Classes are working through emotion management in our social emotional lessons, which includes:

- Identifying emotions and what they are
- How emotions physically feel in our bodies (and what they do to our brains)
 - How to identify what others may be feeling
- How to calm down when experiencing an uncomfortable and/or strong emotion

In Second Step, we teach the steps to calming down which can be found on the poster below. These steps are important to help us regulate our emotions when we are losing control. Please practice using these calm down steps at home with your children, especially over the holiday break!

[Here is a website with 100 simple calm down strategies for kids \(and adults!\)](#)



[Click here for our Community Assistance Page!](#)

Click here for our Community Support Programs & Community Events Page!

Meet the Counseling Staff!



MRS. STELLER
School Counselor
Berlin Elementary School
rsteller@berlincentral.org

(518) 658-1500 ext. 3116



MS. TEPLITSKY
School Psychologist
Berlin Elementary School
rteplitsky@berlincentral.org

(518) 658-1500 ext. 3113



MR. SHAW
School Counselor & Family
Liaison
Berlin Elementary School
jtaylorshaw@berlincentral.org

(518) 658-1500 ext. 3120