

# EY Counseling Corner

## JANUARY 2023

### Social Emotional Learning and Support

#### COMMUNITY RESOURCES



Love INC. Resource Clearinghouse  
(503) 537 3999  
[info@loveincnewberg.org](mailto:info@loveincnewberg.org)

Newberg FISH Emergency Services (503) 538-4444  
[info@newbergfish.org](mailto:info@newbergfish.org)

Dial 2-1-1 for Social Services  
<https://www.211info.org>

Newberg SD Community Resource Links  
[CLICK HERE](#)

#### CONTACT

Mr. Hampton



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School Counselor

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Ewing Young uses [Kelso's Wheel of Problem Solving](#), [PAX](#), and [The Zones of Regulation](#) schoolwide. Students (and adults) are working weekly to build attitudes and skills that help them understand and manage their emotions, work toward positive goals, feel and show empathy for others, maintain healthy relationships, and make responsible decisions.

Here's an update by grade level of what we've been up to so far:

#### Kindergarten

We began the year introducing Kelso's Wheel of problem solving, looking at big vs. small problems and the many ways to handle those. We've practiced skills of learners (eyes watching, ears listening, voice quiet, body still, and hand raised to talk). With the help of a few puppet friends, we are doing a lot of work on feelings and managing our emotions.

#### First Grade

We started the year reviewing Kelso's Wheel and the Zones of Regulation, and practiced Power Ignoring with a very fun game. Ask your student about Mr. Hampton's Ignoring Game! 😊 We used the Magic Coloring Book of Feelings to consider the many ways we react to situations, and how we might help others who are struggling. We did some introductory work on our brain's response to stress, and are talking about ways we can take control of that process.

#### Second Grade

Early highlights were our game of Power Ignoring (ask your student about that one) and The Magic Coloring book of Feelings. We've looked at how the brain reacts when we are stressed, and how we can take charge. We've recently done some work on grief and loss.

#### Third Grade

Early highlights were our game of Power Ignoring and The Magic Coloring Book of Feelings. We learned the hand- brain model of understanding the brain, and have done a lot of work on positive strategies for dealing with conflict. Next up is a focus on self advocacy.

#### Fourth/Fifth Grade

We began the year learning about neurodiversity and how to treat others. We made Mood Meters to expand self understanding expression. We did great work on skills for teamwork. Most recently, we've talked about reputation and the power of our words.