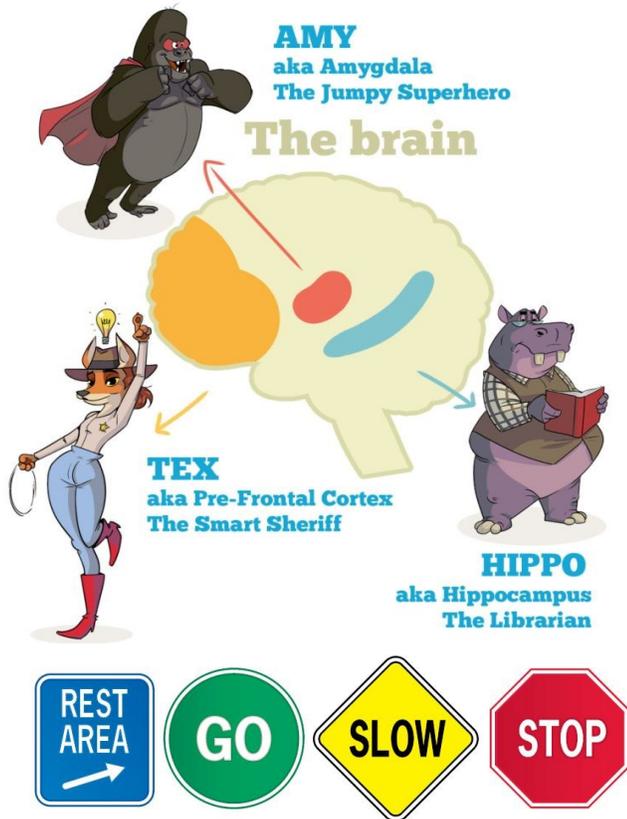


# Eagle Ridge Elementary Counseling Newsletter

## SEPTEMBER GUIDANCE LESSONS



### Zones of Regulation

The School Counselors took over the gym during the first week of September to teach the students about the Zones of Regulation. Younger students (K-2) learned about their zones based on feelings while older students (3-4) considered pleasantness levels and energy levels to think more critically about their zones. To practice thinking about our zones, each corner of the gym was set up to represent each of the four zones. Students moved toward the corners they thought different characters were in based on what that character was feeling or doing. You can learn more at <http://www.zonesofregulation.com/learn-more-about-the-zones.html>

### My Brain Made Me Do It

This month's guidance lesson focused on parts of the brain and how they affect behavior. We talked about how the Amygdala keeps us safe, how the prefrontal cortex is in charge of thinking and how the hippocampus is in the librarian of our memories. Younger students (1-2) learned about these brain parts using Amy, Tex and Hippo as easy to remember brain helpers that tell them how to respond to a situation. Students were taught how each character affects our choices and then enjoyed acting out how the character might make us act in certain situations. You can learn more about these characters and the roles these brain parts play by visiting <https://blissfulkids.com/mindfulness-and-the-brain/>

### Outside the Guidance Room

We want our students using what they've learned outside of the Guidance room and we need your help to do that! When you read a book, as students questions like, "What zone is [character] in? And "What part of the brain was in control when [character] did that?" to help them continue to think about how their brains are influencing them. Talking about the Zones of Regulation and the Brain can be a great way to process after your child has become upset. Once they are in the green zone (Calm, Ready to Listen), remind them that the amygdala (Amy) sometimes thinks its in danger and pushes the prefrontal cortex (Tex) aside causes them to go to the red zone. Ask them what they can do to help the amygdala calm down.

# Important Dates



**WATCHDOG DINNER  
WITH DUDES  
SEPTEMBER 17TH  
5:30–6:30: DUDES A-L  
6:30–7:30: DUDES M-Z**

**CHARACTER  
TRAIT FOR  
AUGUST  
RESPONSIBILITY**

**CHARACTER  
TRAIT FOR  
SEPTEMBER  
SELF-AWARENESS**

## OCTOBER DRESS-UP FRIDAYS

**BULLYING PREVENTION AND DRUG AWARENESS**

**OCTOBER 4TH: TEAM UP DAY**

**OCTOBER 18TH: MISMATCH DAY**

**OCTOBER 25TH: PJ DAY**

**OCTOBER 31ST: FAVORITE CHARACTER DAY**

