

Ways to Connect



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ZONES OF REGULATION

What zone am I in?

REST AREA		GO		SLOW		STOP	
sad	tired	calm	I'm ready to work	silly or wiggly	upset	frustrated	mad
sick	bored	happy	I'm okay	hyper	confused	yelling	hitting

Use tools to get in the green zone

drink of water	count	deep breaths	squeeze and release	wall push ups	use fidgets	draw	write this	talk with adults
take a break	self talk	take a walk	stretch	volcano breaths	lift something heavy	ask for a snack	think of a calm place	listen to music

Zones of Regulation is a social-emotional curriculum focused on helping people recognize the connection between how their body is feeling and how it is moving. Through identifying what "zone" they are in, students can select coping skills (green tools) to help them self-regulate their emotions and their bodies, which can lead to self-control, better problem-solving skills and improved relationship skills.

Our green zone is our ready to learn zone where we are calm, focused, happy and ready to go. This is the goal zone for school success. In the blue zone, our bodies are moving slowly because we may be sick, tired, bored or sleepy. In the yellow zone, we may start to lose control because we are excited, worried, silly, or frustrated. In the red zone, our body is losing control. We may be in a flight or flight state because we are angry or terrified

Identifying what zone you are in can help students learn to regulate emotions and help gain self-control and emotional regulation, skills imperative for success in life.

EAGLE RIDGE ELEMENTARY

COUNSELING PROGRAM



JENNIFER COWEN
JAKE SEIBERT

ERE School Counselors

MEET YOUR SCHOOL COUNSELORS

My name is Jennifer Cowen and I am thrilled to serve as the counselor at Eagle Ridge this year! I have been a counselor for 15 years and I consider it an honor & privilege to have this career.

As a school counselor, my primary responsibility is to be an advocate for your child. I focus on building strong relationships and teaching each student coping skills that can help them become more successful in life. I look forward to getting to know all the students at ERE and becoming one of their hugest cheerleaders. Please do not hesitate to contact me if I can be of any assistance to you or your child. I am looking forward to a wonderful year!

Mrs. Cowen



Hello, my name is Jake Seibert and I am returning to ERE this year. I am shared between two campuses and can be found at ERE on Mondays, Wednesdays, and Friday mornings and Bette Perot on Tuesdays, Thursdays, and Friday afternoons.

As a school counselor I focus on building a relationship with my students so that I can provide the best support as they develop academically, socially and emotionally. Please do not hesitate to reach out as I believe my most important role is to connect with my students and their families and make sure that they feel like they belong in the wonderful Eagle Ridge Community.

I look forward to hearing from ya'll.

Mr. Seibert



PROGRAMS & FOCUS

The ERE Counseling program focuses on the social and emotional components of self-management, self-awareness, social awareness, relationship skills and responsible decision making. We use a variety of programs to ensure that all our students know they are an important part of the Eagle Ridge Community.

Self-Management

Self-Awareness

Social Awareness

Relationship Skills

Responsible Decision Making

How does a student see the Counselor?

- Self-Referral (forms available Or QR for remote)
- Request of the counselor
- Parent Referral (QR code available below)
- Administration/Teacher referral
- Referral by friends- possible peer mediation



SERVICES OFFERED

Students may see the counselor for small group and individual counseling to assist with a variety of concerns and problems, including:

- Friendship
- Problem Solving
- Academic Improvement
- Divorce
- Family Concerns
- Grief and Loss
- Stress
- Crisis Intervention
- Emotional Regulation
- Goal setting
- Managing Feelings



*Resources are available for outside counseling if your child needs additional assistance.

Parents:

You are free to call the Counselor's office, 817-744-6312 at any time if you have academic, social, or personal concerns about your child. We can help arrange parent conferences, small group or individual counseling, as well as, outside referrals for intervention to benefit your student.