

COUNSELOR'S CORNER



**MARCH
8-12**

EMOTION anxious

**Word
of the
Week**

:Feeling uneasy due to worry or fear

-SYNONYMS-

- * Concerned
- * Uneasy
- * Fearful
- * Impatient
- * Troubled
- * Nervous
- * Bothered
- * Worried



**March Character Project Due:
March 29**

Parents, if you would like to pick up your children's submitted Counselor assignments or projects, please contact your child's counselor.

Thank you!


CHARACTER OF THE MONTH TRUSTWORTHINESS

Trustworthiness

Being trustworthy means that you are honest and tell the truth. You keep your promises and do what you say you will do.





- Keep their promises
- Do the right thing even when it is hard to do so
- Stick up for friends and family
- Follow the rules
- Tell the truth
- Take care of things they borrow
- Return things they find



Blow Bubbles
(Forces Deep Breathing)


HUGS
(Increases feel good hormones)






Color or Draw
(Relaxes mind)


8 WAYS TO HELP AN ANXIOUS CHILD




Talk about it
(Makes you feel better)




Play with a pet
(Promotes laughter and happiness)



Find or create calm place
(Encourages relaxation and peace)



Problem solve the anxiety
(Helps to understand what is causing it)



Exercise or physical activity
(Releases stress)

**Counseling Topics
Trustworthiness &
Responsible Decision Making**

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