

# January Newsletter

From your School Counselor—Mrs. Williams

## School Counselor Services

Did you know that your School Counselor helps students discover potential careers? Even at a young age, students can benefit by assessing their strengths and interests and brainstorming their future career path. At home, you can discuss your own career with your child to inspire them!

## Parenting Article

Developing empathy is an essential life skill. For learn more about the importance of empathy check out this article by scanning the QR code!



## Family Chat

Empathy in action challenge!

As a family decide on a volunteer or service project you can do together.

Some Ideas:

- Volunteering in the local community (food bank)
- Donating to a charitable cause
- Making cards for the elderly at the nursing home

Afterwards, discuss how you think the recipients felt. What would it be like to have to go to a food bank instead of a grocery store? How would it feel to not be able to provide for your family? How would it feel to live in an assisted living home rather than in your own? And don't forget to ask your child how they felt as a volunteer!



## SEL Skill

Empathy

Does your child know what it's like to "take a walk in someone else's shoes"?

Empathy is observing, understanding, and feeling the emotions of others. By perspective taking and understanding others, children will become better friends and develop meaningful relationships.

