



HAYES SCHOOL COUNSELING CONNECTION | FEBRUARY 2020

THIS MONTH IN THE COUNSELING ROOM

This month in the counseling room we are talking about **problem solving**. Appropriate and positive problem solving is a critical life skill that can help students be successful personally and academically. It helps them navigate daily decisions and conflict. Students will be learning basic steps to problem solving:

1. Identify the problem.
2. List the possible solutions or courses of action.
3. Weigh the possible solutions.
4. Choose a solution to try.
5. Put the solution into practice.
6. Evaluate the solution.

PARENT RESOURCE

For additional information on problem solving with your student check out this article: https://www.canr.msu.edu/news/problem_solving_skills_are_an_important_factor_in_academic_success. The steps listed above can be found in this article along with other great information about child development. **PBS Kids** also offers online games that interactively help children develop problem solving skills: <https://pbskids.org/games/problem-solving/>.

PROBLEM SOLVING IN CHILDREN'S BOOKS

- Can I Play Too? – Mo Willems
- Click, Clack, Moo: Cows That Type – Doreen Cronin
- What Do You Do with A Problem? – Kobi Yamada
- What Should Danny Do? – Adir Levy
- I Just Don't Like the Sound of No! – Julia Cook

CELEBRATING BLACK HISTORY MONTH

February marks the annual celebration of past and present achievements by African Americans in the United States. Hayes will be sharing this history with students around the school. This is a great opportunity to talk with your student about what it means to face challenges and share real life examples of individuals facing and overcoming adversity.



THE GREAT KINDNESS CHALLENGE

We are celebrating kindness this month with The Great Kindness Challenge! Students are being challenged to do kind things at home, school, or in the community January 27 – February 6. No act of kindness is too small. Students should record their act of kindness on their challenge sheet and return it to Mrs. Thompson by February 14.

CONTACT INFORMATION

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A LOOK INSIDE THE COUNSELOR'S CORNER

