

COUNSELOR'S CORNER

J. Harvey Rodgers School

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Virtue of the Month: Self-Control

This month is all about Self-Control! Self-control is the ability to control your feelings, emotions and reactions. Classroom teachers will be facilitating mini lessons and discussions about Self-Control throughout the month. In addition, I will be visiting each classroom for a counseling lesson. We will be reading *Clark the Shark* by Bruce Hale. Clark is an enthusiastic shark who loves life! When his enthusiasm proves to be a little overwhelming to his friends, Clark's teacher helps him learn some tricks for staying cool and using his self-control.

After listening to the story, students will test their self-control skills with our Self-Control Bubbles activity. A bubble machine will be used to dispense bubbles all around the students. Everyone loves popping bubbles, but this time, students will have to exercise their best self-control and refrain from popping any bubbles until they are given permission to do so! Can they do it? We shall see! At the conclusion of the activity students will have a chance to pop lots of bubbles!

World Kindness Day

November 13, 2024, is World Kindness Day! The World Kindness Movement, a coalition of nongovernment organizations from countries around the world, started World Kindness Day in 1998 to encourage kindness, empathy and compassion. This special day is often celebrated by performing random acts of kindness, participating with a charitable group or cause and finding ways to "pay it forward." Our Bulldog Buddies motto is: "Take care of yourself, your friends and your school." Let's come together on Wednesday to spread some extra kindness in school, at home and around town!



November Guidance Lessons: SELF-CONTROL