



# Counselor's Corner

## November Guidance Lessons

This month we are discussing the character virtue responsibility. Responsibility can be broken down into the following areas:

1. *Moral Responsibility*: Caring, helping, defending, preserving other people, animals and the earth. This includes being fair and just toward other living things.
2. *Legal Responsibility*: Obeying all the rules and laws.
3. *Family Responsibility*: Treating family members with love and respect. This also includes following family rules and doing chores/duties at home.
4. *Community Responsibility*: Take care of your community, pick up trash, read the newspaper or listen to the news to stay informed, vote, etc.

Guidance lessons this month will focus on some of the above important aspects of being responsible. More specifically, lessons will focus on:

Kindergarten: Try, try again...Never give up!

1st Grade: Taking care of responsibilities and the consequences that follow if you don't.

2nd Grade: It pays to work hard!

3rd Grade: Every choice we make has a positive or negative consequence.

4th Grade: Priorities and responsibilities vs. the fun and easy things

5th Grade: Self-esteem and self-respect

### Why responsibility?

Children learn responsibility by being given age appropriate responsibilities, carrying them out successfully and living with the consequences when they neglect them. When children see these consequences at an early age, they realize that even though they do not always want to do the particular chore, or to act a particular way, they begin to see the positive in doing the right thing. This internalizing will not take place at a magic age all of a sudden, but it is a gradual learning. It is crucial that children are given small but important tasks at home and school.

These jobs and or responsibilities can be simple ones that take very little time, such as taking out a small

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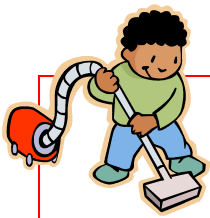
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### Virtues of the Month

- Sept. - Intro. & Debug  
Oct. - Respect  
**Nov. - Responsibility**  
Dec. - Caring  
Jan. - Trustworthiness  
Feb. - Self-Control  
March - Honesty  
April - Kindness  
May - Citizenship



Responsibility Continued: trash can daily, picking up toys before bed, bringing in the paper in the morning, speaking respectfully, etc. The important thing is that the child knows someone is counting on him/her to do a particular job or to do the right thing and it will be noticed if he/she does not do it. They need to understand that no one else is going to do it for them just because they don't feel like doing it that day. Predetermined consequences can be arranged and must always be carried out if the child does not do the responsibility. The side benefit of this is that children with responsibilities at home and at school have a healthier self-esteem because they feel competent and important, a feeling many children lack when adults do everything for them and do not hold them responsible.

Discussion Questions: Following are some discussion questions about responsibility for you to use at home (possibly at a family meeting):


- What is responsibility?
- Who has responsibilities?
- What responsibilities do mothers have?
- What responsibilities do fathers have?
- What happens when parents do not fulfill their responsibilities?
- What are some responsibilities that you have at home? Or what contributions do you make to the family?
- What contributions are you most proud of?
- Why is it important for us to have responsibilities?



I'm Thankful for... As Thanksgiving approaches, it is a good time to reflect on everything you are thankful for. Take some time to nurture a real sense of gratitude...Here are some suggestions:

- Have a basket where each day leading up to Thanksgiving your children write down something they are thankful for and place them in the basket. Share them at Thanksgiving dinner.
- Set aside some time on Thanksgiving to read a Thanksgiving story together.
- Put everyone's name in a hat, then have everyone pick a name and explain why he/she is thankful for that person.
- Prepare a Thanksgiving offering for a nearby shelter or organization.

The are lots of ways to give thanks!




**5th Grade Parents/ Guardians:**

**Counselor Data Forms:** If your child has not done so already, please make sure he or she hands me the **Counselor Data Form** that is part of the application for the magnet programs at Takoma Park and Eastern Middle School. I have received some, but I know that there are more students who are applying to these schools. Please get those to me asap so I have enough time to gather all the information before the due date. Thanks!

**SSI Registration:** This does not take place until Jan/Feb. Counselors from SSI will meet with and talk to the students after the new year. They will distribute the registration packet and course selection guide at this time.

Have a wonderful November! **Mrs. Heatwole**