

The Counseling Corner

Elementary School Counselors:
Ms. Cimato, Armstrong and Brassler
Miss Picha, Disney and Paul Road

October 2019

Key Vocabulary

- School Counselor
- Empathy: feeling or understanding what someone else is feeling.
- Compassion: Showing concern for someone is called compassion.
- Perspective: a greater liking for one alternative over another or others.

Ways to Foster Empathy in Your Child

1. Create a caring relationship
2. Listening for understanding
3. Instill compassion at home
4. Lead with Empathy

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Contact Us

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October Counseling Focus

Our October counseling lessons will focus on:

- understanding the role of a school counselor
- Character trait: Empathy

Through the lessons, students will understand who their counselor is, how their counselor can support them, and how to access their school counselor. Students will practice identifying their personal emotions and the emotions of others. Students will learn about the meaning of empathy and learn to understand the cause of other people's emotions. Finally, students will explore perspective taking and the idea that people can have two different emotions about the same event.