



# Bethel Guidance Newsletter

During the first quarter, 3rd grade students have been learning about executive functioning. Our lessons and activities focused on having a positive mindset and using planning strategies to be successful at school.

## **How to support learning at home:** **Activities**

- *Create an Awe Journal* - Help your student notice the positive moments of everyday by keeping an "awe journal". Your child can draw or write about a beautiful moment everyday that brought them joy - like a rainbow, kind act, hug, or laughter.
- *Say daily affirmations together* - I am doing my best, I can make a difference, I am special, I am safe, today is going to be a great day!
- *Planned activity* - Give your student the opportunity to plan a day full of activities. Help them figure out the details so they can learn how to plan events and work around obstacles. Enjoy the day they planned for the family!

## **Book Recommendations**

"Your Fantastic Elastic Brain: Stretch it, Shape it" by JoAnn Deak Ph.D.

"Mindset Matters" by Bryan Smith