



Mrs. Lawson, Counselor



10 Ways for Reducing Stress

Parents,

Although this time of year can be filled with many fun events, it can also be downright stressful. The following tips may help you manage the holiday stress.

1. Exercise daily.
2. Get enough sleep.
3. Eat healthy foods.
4. Talk to someone problems.
5. Keep a journal.
6. Break large tasks into small steps.
7. Practice taking slow, deep breaths.
8. Avoid negative people.
9. Do not over commit to things.
10. Think happy thoughts!



**TO MAKE THE GRINCH GRIN,
I WOULD.....**

~ Generosity/Gratitude ~

During classroom guidance in December, we will be discussing Generosity and Gratitude. The holidays are a wonderful time for children; however, in our "me, me, me" culture, it's harder than ever to raise kids who think of others and want to share what they've been blessed with.

Most would agree that generosity is a character trait we want our children to possess. Generosity is a character trait we'd all put on the most-wanted list for our kids. Training them to be adults who give cheerfully is best achieved by making generosity a lifestyle rather than a few random, singular acts. It's in the little things that you can do every day, not just the grand gestures, that come along every now and then. Here are some ideas for training generous kids: Opening our eyes and our hearts is a great way to start a conversation about being grateful for what we have and how to help others who have so much less. Here are a few other ways to teach our kids gratitude and generosity this holiday season:

1. Start with please and thank you. Ah, the old "magic words" we conscientiously teach our toddlers so they learn to become considerate people. But without the follow-through that reinforces the lessons, tweens and teens often take for granted all the stuff we give them and do for them. Make sure your kids still say please and thank you. Gentle reminders are fine, but they're likely to have more impact when you accompany them with an honest account of how it feels if you do things for your kids and don't get acknowledgement.

2. Model what you teach. Demonstrating the words and attitudes you want your kids to emulate has a strong influence on kids of all ages. It follows the classic parenting rule, "Catch your kid in the act of doing something right!" So don't hold back. Let your child hear these words from you often: "Thank you for helping your brother with his homework. Thank you for helping with the groceries. Thank you for walking the dog, setting the table, asking me how my day was. Thank you for being such a thoughtful kid and such a good friend."

3. Help them see beyond their tiny (abundant) corner of the world. Call a family meeting to discuss ways the family can help others this holiday season. Identify local community organizations that serve the needs of families and find out how your family can support their efforts with your money, food and clothing donations, and/or time.

4. Give to others. Since you and your kids may already have a lot, how about scaling back a bit this year and redirecting some of your cash toward organizations that are helping people around the world?

Because so much of human life is about giving, receiving, and repaying, gratitude is a pivotal concept for our social interactions. The bottom line? If you want to foster generosity, be generous and be grateful.

