



# FEBRUARY



## Ms. Johnson's Counselor Corner

### Focus of the Month: Work Ethic

This month, our STARR Positive Behavior focus is WORK ETHIC.

Students who have a strong work ethic demonstrate a strong sense of responsibility. They complete tasks on time, meet their obligations, and take responsibility for their actions.

#### Here are ways you can show work ethic:

- Complete and turn in assignment on time
- Pay attention in class
- Ask for help when you don't understand something
- Show up every day prepared with what you need
- Stay organized, keeping your backpack and desk tidy
- Stay committed and finish what you started
- Show a positive attitude



Students demonstrating work ethic at school may receive a STARR sticker recognition!

### Wellness Tip: Connect with a Friend

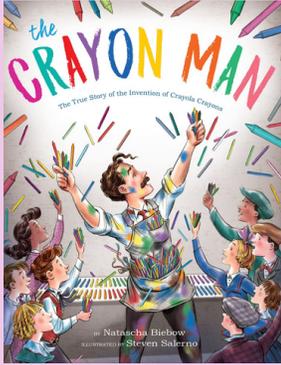


Spending time with a friend is not only fun, but it's also great for your emotional health. When you talk, laugh, and share moments with a friend, it helps you feel supported, less stressed, and more confident. Connecting with a friend in new ways can boost your mood and make your friendship even stronger.



Try writing a kind note, sharing something you enjoy, or inviting a friend to do an activity like drawing or reading together. Having friends to talk to or play with can make tough days easier and bring happiness to your life.





## *SEL Book of the Month: The Crayon Man*

Who doesn't love to hold a crayon in their hands? But children didn't always have such magical boxes of crayons. Before Edwin Binney set out to change things, children couldn't really even draw in color.

Here's the true story of an inventor who loved nature's vibrant colors so much that he found a way to bring the outside world to children – in a bright green box for only a nickel!

With hard work, experimentation, and a special knack for listening, Edwin Binney and his dynamic team at Crayola created one of the world's most enduring, best-loved childhood toys.

Watch/Listen on YouTube: <https://www.youtube.com/watch?v=aqqCRVg00qs>

## *Counselor Advice: Dealing with Worries*

Everyone feels worried sometimes, and that's okay! Worries can help us prepare for challenges, but too much of it can make us feel stuck or upset. The good news is that there are ways to manage worries so they don't take over your thoughts.



Here are a few ways to help take control of your worries:

- **Take Deep Breaths** – Breathe in slowly through your nose, hold for a few seconds, and breathe out through your mouth. Do this a few times.
- **Talk About It** – Share your worries with a trusted adult or friend.
- **Write or Draw Your Feelings** – Putting worries on paper can make them feel smaller.
- **Move Your Body** – Stretch, take a short walk, or play outside to release nervous energy.
- **Use Positive Self-Talk** – Remind yourself, “I can handle this” or “I am safe.”
- **Imagine a Calm Place** – Close your eyes and picture a peaceful scene, like a beach, a cozy room, or your favorite spot.
- **Turn Worries into a Plan** – If you're worried about something specific, think of one step you can take to solve it, no matter how small.

Worries come and go, but using these strategies can help you feel calmer and more in control whenever they appear.



## *Contact Information:*

If you believe that your child would benefit from meeting with me, or if you would just like to share any concerns you have about your child, please feel free to email me at [rebeccajohnson@neshaminy.org](mailto:rebeccajohnson@neshaminy.org). I will respond to you with an email or a phone call as soon as possible.