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PBIS Topic of the Month:

HEALTHY CHOICES

Question: Ask your children if they make healthy choices both physically and mentally.



In the spirit of Holiday time, I thought I would share my **TAKE WHAT YOU NEED** bulletin board. This board is for everyone in our building (it is located in the front hall). The board is a reminder to **TAKE** what you **NEED** to hear OR to **GIVE** what you feel someone else might **NEED** to hear.

PBIS Lessons: Grades K & 1



During the K & 1st grade PBIS lessons, we read the book, **The Grouchy Ladybug** by Eric Carle. The story helps students realize that being happy verses grouchy is important for their mental health.

PBIS Lessons: Grades 2 & 3



During the 2nd & 3rd grade PBIS lessons, we reviewed the **STOP, THINK & ACT** technique in solving problems. Then we completed the **Wrinkled Heart** activity to teach how words can leave lasting impressions.

PBIS Lessons: Grades 4 & 5



During the 4th & 5th grade PBIS lessons, we completed a **Decision Making** worksheet and played a **AGREE, DISAGREE, and NOT SURE** game. We spoke about using your own personal brainpower while making decisions.

Happy Holiday's!

NEXT MONTH: PERSEVERANCE