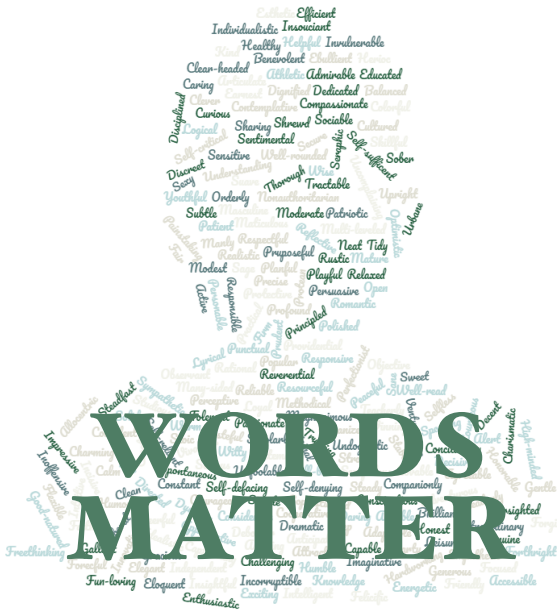


Counseling Corner

Monthly school newsletter from Lutheran Counseling Services



Words Matter

New (school) year, new campaign! This year, LCS School Counselors are focusing on the power of words. Words students say, words they hear, and words they tell themselves. Our Words Matter campaign is part of the #IamStronger initiative that takes place across Central Florida to help support students, schools, and families in promoting mental health in students and schools. Each month, the Words Matter campaign will promote a word and lessons that address stronger mental health in schools and

families. Look for ideas throughout the year to support personal growth by focusing on positive qualities and characteristics and how to help develop these in your children.

Words Matter: Attitude

Our first word to focus on is Attitude, which relates to agility, adaptability, self-awareness and self-management.

As the new school year begins, it is important to maintain a positive attitude toward school and the opportunities the year will present. How adults talk about school and the school year

ATTITUDE CHECK

Are changes needed to support a more positive attitude for you or your student? Make it a goal, if so.



TARGET PRACTICE

Aim for positive, gentle, consistent and fair words and thoughts.

TONE & BODY LANGUAGE

Keep communication positive with a positive tone of voice and body language, which account for a majority of how we communicate with others.

becomes how children think about it. It is also true that how adults talk to kids strongly influences how the children talk to themselves. If children hear their teachers and parents experience the world with positive attitudes, they typically develop a similar attitude toward the world.

“Attitudes are contagious. Are yours worth catching?”

Dennis & Wendy Mannering

To help children and teens develop and maintain a positive attitude, there are a few things to keep in mind. If your own attitude needs a reset before addressing your child, consider a prayer or deep cleansing breath to set you on the right track. Helping your children know that life is a process can help them see both positive and negative elements as part of a larger journey. You can help your child turn a negative experience into a positive one by finding a learning experience. Make sure to also highlight learning experiences in positive situations.

Find times to praise and compliment them when appropriate, especially if you can praise effort and persistence.

Phrase corrections positively by noting what the correct behavior or expectation is. Say “At home we use low voices to talk to each other” instead of “Stop yelling in the house!”

With consistent focus on keeping a positive attitude and supporting it in your student, you will see great results!



Car conversations

Whether in the car, at the dinner table or grocery store line, here are conversation ideas to build this quality in your child.

What are some positive things that happened today?

What do you like most about yourself? Here are the things I like most about you...

How do you keep yourself positive and spread positivity to others?

How does your facial expression, body language and tone of voice communicate about your attitude?

In what ways do you think positive thoughts and positive words can help you handle negative situations?

Share a Bible story or verse with your child that supports your positive attitude.

COUNSELING RESOURCES AT SCHOOL

Your child’s school has partnered with Lutheran Counseling Services to have a school counselor on campus during the school week to provide individual counseling, group counseling, classroom presentations, and consult with teachers or parents about mental health or academic questions. These services are free of charge to families. To learn more please contact your school counselor or call the LCS office at (407) 644-4692.



(407) 644-4692 / 1505 Orchid Avenue, Winter Park, FL 32789 / www.lcsfl.com

