

A Word from the Counselors

Happy Monday Spirals!

Can you believe we are entering our third week of distance learning? You all should be proud of what you have accomplished. You were presented with a new and unfamiliar set of circumstances and you came through!



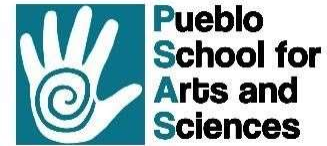
It is our hope that during this time you are being patient with yourself, taking breaks when you need them, and taking time to learn new things and explore ideas.

Connection Corner

Did you know that humans are very social beings? Many of our greatest accomplishments have been because of our ability to cooperate with each other and work together. Many of us have felt lonely or isolated during this time apart, but that has caused us to be creative in ways to reconnect. Here are a few ways people are coming together while staying apart.

1. Teddy Bear Hunts

In many other countries and in every state in the U.S. people are putting teddy bears in their windows so kids out for walks with their families can find them. Have you spotted any?



Counselor Hours

**M-Th 9-11 and
1:30-3:30**

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2. Night Lights

Right here in Pueblo Mayor Nick Gradisar has asked neighbors to go outside at 8 p.m. and shine lights into the sky for our city to see.

3. Night Howlers

Similarly, here in Pueblo and in other cities around the state people are going outside at 8 p.m. to howl at the moon.

Which of these will you try? How will you connect with others?



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Getting to Know Your Feelings

Today we will begin our social-emotional lessons. Social-emotional learning just means developing skills to manage our emotions. We all experience positive emotions like happiness, pride, security, and contentment (being satisfied). We also experience negative emotions like anger, fear, anxiety, and sadness. Every one of us has felt these emotions at some time in our lives, but not all of us know what to do with these emotions when they are felt strongly or make us uncomfortable. Not knowing what to do with overwhelming emotions can cause disagreements, misunderstandings, and other problems.

One job of the school counselor is to teach students effective ways to deal with emotions to prevent those kinds of problems, and to help students be more effective learners and humans.



You may have seen a chart like this one in your counselor's office. They may have asked you to point to or describe how you were feeling so they could better help you.

What if I do not know what I am feeling?

Here is a quick exercise to help you identify what you are feeling.

1. Close your eyes and think of a time when you felt very happy. Take a deep breath and try to remember how you felt. How did your body feel? Were you warm or cold? Were you breathing fast or slow? Were your muscles tense or relaxed? Was your heart pounding or beating softly?

Try it again with a time you felt sad, or angry, or frightened, but only if you can do it without becoming upset. With practice you will be great at identifying your emotions!