



# COUNSELING CONNECTION

Mrs. Meeks

May 2023



## GUIDANCE LESSONS

This month in our guidance lessons, we will learn about perseverance. It is important for students to learn not to give up when things get difficult or hard. When thinking about goals, it is important to keep going and have grit. We will discuss transitions to the next grade level and celebrate the end-of-year success. We will review all the character traits that we learned about this year.



## CHARACTER TRAIT

Perseverance - the quality that allows someone to continue to strive for a goal even though it is difficult.

- Developing perseverance helps to develop a growth mindset.
- If students learn how to persevere at an early age, then they will be more likely to succeed when facing an obstacle that is challenging.

## CHARACTER TRAITS

- Kindness - treating others the way that you want to be treated.
- Respect - considering the rights and wishes of others.
- Courage - doing what is right instead of what is easy
- Gratitude - being thankful for the things we have.
- Empathy - understanding people and their feelings.
- Honesty - always telling the truth no matter what.
- Integrity - being strong enough to do what is right
- Responsibility - taking ownership of our thoughts, actions, and words.
- Cooperation - working together to reach a common goal.
- Perseverance - working hard and not giving up when things get difficult.

## LITERATURE CONNECTION

- The Most Magnificent Thing by Ashley Spires
- Mae Among the Stars by Roda Ahmed
- Stuck by Oliver Jeffers
- How to Heal a Broken Wing by Bob Graham
- Jabari Jumps by Gaia Cornwall



## UPCOMING EVENTS

- Monday, May 1st - Grades Due
- Tuesday, May 2nd - Progress Reports Sent Home
- Friday, May 19th - 4th 9 Weeks Grades Due
- Monday, May 20th - Verify Grade Confirmation Sheets/Report Cards