



Staying Connected with Counselor Hodges

Brewster Elementary
4/6- 4/16 2020

Office Hours
Monday- Friday
10:00 am-12 noon M-F
Call or text Mrs. Hodges
901-492-1431



How to help your child manage frustration



Teach deep breathing

- Best time to practice deep breathing is when the child is calm. Ask your child to sit comfortably and relax his/her muscles. Count to four while your child inhales, count to three while your child holds his/her breath, and then count to four while your child exhales. Repeat several times and practice regularly (bonus tip: this also works wonders for worriers).

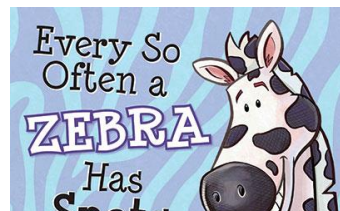
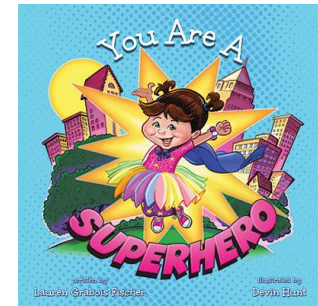
Try Body Mapping

- Draw the outline of a person. Ask your child to think about all the places on their body that feel sore or different when they are mad.
- Children don't make the connection with their emotions and body. Ask them if their heart races/beats fast when they're mad, do they feel dizzy. Doing this exercise *with* your child is important. Color all of those places red. Tell your child that when those places start to feel red, his body is signaling him to get help in a frustrating moment bodies and their emotions (climbs, lifts, increases blood pressure, etc.)



The Be Books teach children to **BE...**
positive, accepting, kind, and loving, through stories that build self confidence and create an awareness of being their best self!

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Materials

- Balloons
- Baking soda
- Hair conditioner
- Spoon
- Bowl
- Scissors
- Funnel (made from a plastic bottle)
- Permanent Marker