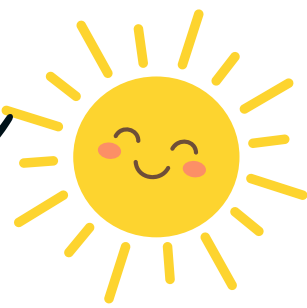


Counselor's Corner



Presbyterian Christian School Elementary | May 2026

FOCUS ON COMMITMENT

As we enter the final stretch of the school year, it is natural for students to feel a dip in energy—what we often call "spring fever." However, this is the perfect time to help your child practice **commitment** by finishing what they started. You can foster this by maintaining consistent morning and bedtime routines, which provide the stability kids need to stay focused. Encourage them to set one small, "finish line" goal for May, such as completing a reading log or organizing their desk, and celebrate the effort they put into reaching it. By emphasizing that their hard work counts just as much in May as it did in August, you are helping them build a "growth mindset" that will serve them well long after summer break begins!

Tips for a Strong, Committed Finish

- **Maintain Routines:** Keep bedtimes and morning routines.
- **Set Final Goals:** Work with your child to create a "finish line" goal—like completing a project or improving a skill.
- **Reflect & Celebrate:** Talk with your child about their favorite moments, accomplishments, and what they learned this year to build confidence.
- **Manage End-of-Year Anxiety:** It's normal for kids to feel anxious about changing grades or teachers. Validate their feelings and discuss fun things to look forward to.
- **Prioritize Attendance:** Consistent attendance is crucial, even in the final weeks of school.
- **Get Organized:** Use a large family calendar to track final projects, tests, and fun events.
- **Plan for Summer Transition:** Start talking about summer plans to bridge the gap.

HIGHLIGHT OF THE MONTH

BUILDING YOUNG RESILIENT MINDS

Resilience is the ability to bounce back from challenges and setbacks. Building resilience is important for your child as it helps them: navigate life's ups and downs, fosters emotional well-being, increases long term success, and promotes individual growth.

Building Blocks of Resilience:



PROBLEM-SOLVING SKILLS

- Allow your child to build this skill and resist jumping in to solve your child's problems



SELF-CARE

- Self-care activities should promote physical, emotional, and mental well-being.
- Taking care of ourself gives us the fuel we need to tackle life's challenges



SELF-CONFIDENCE

- Self-esteem closely aligns with resilience
- Help your child grow their confidence by helping them focus on past successes and identifying their strengths



SOCIAL SUPPORTS

- Help your child develop a good group of supportive relationships (friends, family, and other trusted adults)



EMOTIONAL REGULATION

- Self-regulation is the key to resilience!
- Have your child try different coping skills to see what works best for them

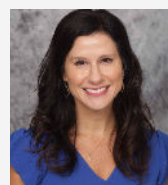
RESOURCES

TIPS FOR PARENTS/GUARDIANS:



- 10 Tips for Raising Resilient Kids - click [HERE](#)
- How to Help Kids Learn to Fail - click [HERE](#)
- It's OK to Make Mistakes. How Being Wrong Can Help Us Learn" - click [HERE](#)
- 12 Tips for Raising Confident Kids - click [HERE](#)
- How to Teach Problem-Solving Skills - click [HERE](#)

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[Schedule a Meeting with Jenny Brock](#)

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