

Counselor's Corner



Presbyterian Christian School Elementary | April 2026

THEME OF THE MONTH: PATIENCE

This month, we are learning that patience isn't just about waiting—it's about having a "can-do" attitude while we wait! For our younger learners, things like waiting for a turn, mastering a new math skill, or solving a playground disagreement can feel like a big deal. When kids practice patience, it actually helps their brains stay calm and focused instead of feeling frustrated. Whether they are taking a deep breath during a tough lesson or giving a friend a little extra grace, remind them that growth takes time. Just like a garden, the best things often happen in the quiet moments between the hard work and the results!

Tips for Teaching Patience to Elementary Students:

- Model Calmness (The "Mirror" Method)
- Use Visual Timers
- Play Turn-Taking Games
- Break Tasks into Steps
- Practice Deep Breathing
- Validate Emotions
- Praise the Effort

Why Patience Matters:

By age 6 or 7, children are developing the capacity for self-regulation. Teaching patience helps them with school readiness, social interaction, and managing frustration.

HIGHLIGHT OF THE MONTH

TEST TAKING TIPS

Some students experience stress and anxiety with test taking. Here are some tips below that your child can use to set themselves up for success!

SETTING YOUR CHILD UP FOR SUCCESS DURING TESTING

EAT A HEALTHY BREAKFAST

Good choices are oatmeal or whole-grain cereal, fruit, and low-fat milk. **Avoid foods high in sugar!**



REMAIN POSITIVE

Staying calm will help your child stay calm. Practice deep breathing/relaxation techniques with your child



BE PREPARED

Have all your school materials packed the night before school



ARRIVE EARLY TO SCHOOL

Arriving to school late creates a stressful situation for your child. Wake up 10 min. early for a stress free day!



DRESS COMFORTABLY

Wear comfy clothes and dress in layers so your child can keep their sweatshirt on if cold, or take it off if they are hot



GET PLENTY OF SLEEP

6-12 year olds should have 9-12 hours of sleep each night



Test Anxiety Coping Tools

- Take Deep Breaths
- Talk to Someone
- Use Positive Self-Talk
- Take a Break

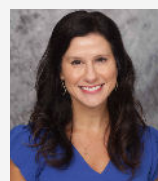
RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- Test Taking Strategies: Click [HERE](#)
- Help Your Child Prepare for Tests: Click [HERE](#)
- 9 Anxiety Busters for Kids Taking Tests: Click [HERE](#)



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