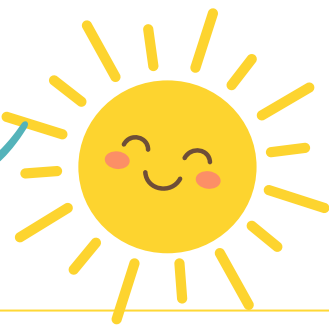


Counselor's Corner



Presbyterian Christian School Elementary | June 2026

C E L E B R A T E S U C C E S S A N D P L A N A H E A D

As we wrap up an incredible school year, I want to thank you for partnering with our school to support your child's growth. The transition from a structured school environment to summer can be both exciting and challenging for students.

Children thrive on predictability. While summer allows for a more relaxed schedule, maintaining a few key routines can prevent anxiety:

- **Visual Schedules:** Create a simple daily or weekly calendar so your child knows what to expect.
- **Chores & Responsibilities:** Give your child age-appropriate chores to foster a sense of contribution and confidence at home.
- **Social Connection:** Set up playdates or encourage participation in local summer camps to maintain their social skills.

Social-Emotional & Cognitive Tips for Summer

- **Keep It Collaborative & Conversational:** Rather than using workbooks, turn everyday tasks into learning opportunities. Have your child measure ingredients while cooking or calculate the total bill at the grocery store.
- **Embrace Storytelling:** Set aside dedicated daily reading time—even 15 minutes a day drastically preserves literacy skills.
- **Play Strategy Games:** Board games and card games (like Uno, Monopoly, or Scrabble) are incredibly effective. They inherently build math, vocabulary, and executive functioning while teaching crucial social-emotional skills like turn-taking, patience, and graceful losing.
- **Visit Local, Free Resources:** Keep your child engaged by taking advantage of community resources right here in Hattiesburg.

H I G H L I G H T O F T H E M O N T H

CAREER EXPLORATION

It's never too early to have your child begin thinking about their future career. Talk with your child about your own career: skills needed, what you do each day, level of education needed

How Parents Can Help Their Child With Career Exploration:

Create Opportunities for Career Exploration

Point out different careers and what they do while out in the community. Have people from various careers talk to your child about their career.



Talk About the Process

Talk with your child what steps need to be taken to attain different careers.



Brainstorm Interests

Help your child find their interests and passions. Expose them to different interests - cooking, building and creating, music, helping people, etc



Talk to Them About Their Values

Help your child identify what is important to them. Do they value helping animals/people or the environment? Link these values to various careers.



Have Them Imagine Their Future

Promote self-reflection by asking them where they see themselves in 5 and 10 years. Have them write or draw what their future life and career would look like.



Connect School to Future Careers

Talk with your child how what they are learning now connects to future careers

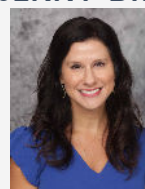
R E S O U R C E S

TIPS FOR PARENTS/GUARDIANS:

- 10 Picture Books About Careers - click [HERE](#)
- Music Inspired Podcast to Learn About Different Jobs (4-8 yrs old) - click [HERE](#)
- Explore Various Careers with Your Child - click [HERE](#)
- Fun Video For Kids to Learn About Various Careers - click [HERE](#)



SOCIAL EMOTIONAL COUNSELOR JENNY BROCK



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<https://pcsk12.org/counseling-wellness/>

[Schedule a Meeting with Jenny Brock](#)

601-475-6005

A Parent's Guide to Summer SEL

• • • Why Does SEL Matter in the Summer? • • •

Social-Emotional Learning (SEL) helps children build skills like self-awareness, emotion regulation, empathy, and decision-making. During the school year, many of these skills are practiced in classrooms and playgrounds –but summer can offer different opportunities to continue that growth.

Without structure and peer interaction, some kids may lose momentum in their emotional development. That's why SEL at home matters: it helps children stay connected, regulated, and confident—even outside the classroom.

• • • • • Skills & How to Help • • • • •

Self-Awareness & Confidence

Why It Helps:

Kids who recognize their strengths and emotions feel more secure and motivated.

What You Can Do:

- Reflect on the day with your child: "What made you feel proud today?"
- Help them try something new and praise effort, not just success.
- Make a "summer strengths" list to celebrate their unique talents.

Self-Management & Routines

Why It Helps:

A relaxed summer schedule can still benefit from light routines to reduce stress and encourage responsibility.

What You Can Do:

- Create a flexible daily rhythm (wake-up time, chores, free play).
- Set mini goals together (e.g., "read for 15 minutes," "help with one chore").
- Use timers or visual schedules to build independence.

Social Awareness & Kindness

Why It Helps:

Even if kids see fewer peers, they can still practice empathy and inclusion at home or in the community.

What You Can Do:

- Encourage writing postcards or making kind notes for friends.
- Read books with diverse characters and talk about feelings and fairness.
- Model empathy by noticing and naming others' feelings: "That cashier looks tired—let's give her a big smile!"

Relationships & Communication

Why It Helps:

Strong family connections and communication skills set the stage for healthy friendships.

What You Can Do:

- Build in screen-free family connection time (games, meals, walks).
- Practice problem-solving together: "What are some ways we can fix this?"
- Encourage open conversations and active listening.

Decision-Making & Responsibility

Why It Helps:

Kids feel empowered when they make choices and learn from the results.

What You Can Do:

- Offer safe, age-appropriate choices (meals, activities, outfits).
- Reflect together on decisions: "What worked? What would you try next time?"
- Involve them in planning summer activities or family outings.

Final Tips for Parents

Keep it light and playful. SEL doesn't have to be formal—it happens in little everyday moments. Whether you're in the backyard or on a road trip, your support makes a big impact!

Learn More

- CASEL.org: Research & tips from the Collaborative for Academic, Social, and Emotional Learning
- Big Life Journal: Growth mindset tools & printables for kids
- Child Mind Institute: Expert advice on behavior, emotions, & parenting strategies