Counselor's Corner

Presbyterian Christian School Elementary | November 2026

Navigating Big Feelings with Self-Awareness!

What is Self-Awareness?
Self-awareness means playing detective with your own brain and heart! It is the superpower of noticing your feelings, knowing what you value, and understanding how your emotions drive your actions. For our elementary students, developing this skill is like building a personal emotional compass to help them find their way through the school day.

Here is what self-awareness looks like as our students grow:
For Early Elementary (PreK-2nd Grade):

- Learning to name simple, big feelings like happy, sad, mad, or scared.
- Noticing how emotions feel in their bodies, like a racing heart when excited or a tummy ache when nervous.
- Recognizing that it is okay to feel any emotion, but we have choices in how we act on them.

For Upper Elementary (3rd-6th Grade):

- Starting to spot "mixed" or hidden feelings, like realizing that acting angry on the playground might actually mean they are feeling left out or embarrassed.
- Discovering their personal strengths, unique talents, and areas where they want to grow.
- Pausing to take a deep breath before reacting, allowing them to make helpful choices during disagreements with friends.

HIGHLIGHT OF THE MONTH

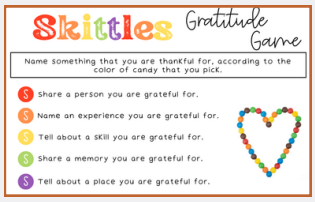
THE BENEFITS OF PRACTICING GRATITUDE

Practicing gratitude is an excellent way to improve our mental well-being. Here are some benefits your child may experience from practicing gratitude:

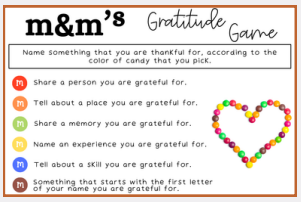
- Increased self-esteem
- Increase in positive emotions: happiness, optimism, enthusiasm, and love
- Increase in kindness and generosity
- Fewer physical problems

- Sleep better
- Decrease stress and ability to cope with stress more effectively
- Live longer - being thankful adds 7 years to our lives!

Skittles Gratitude Game
Turn gratitude into a fun family activity by playing The Skittles Gratitude Game - click **HERE**



M&M's Gratitude Game
Turn gratitude into a fun family activity by playing The M&M's Gratitude Game - click **HERE**



RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- Practicing Gratitude as a Family - Click **HERE**
- How to Practice Gratitude - Click **HERE**
- Making Gratitude Fun for the Whole Family - Click **HERE**

CONTACT INFORMATION

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