

Guidance Lesson Home Page

Kindergarten

“Moving On: Coping With Change & Feeling Purple and Proud!!”

Mr. Rauschenberger



This week in your child’s guidance classroom lesson, we reviewed many of the topics that were discussed in previous lessons this year. Some of these themes included:

- My Personal Rainbow of Feelings**
- Sad to Happy (Blue to Yellow)**
- Angry to Calm (Red to Green)**
- Afraid to Brave (Black to Purple)**
- Feeling Purple and Proud**
- Buddies/Kids Who Bully (Being an Active Bystander)**

Children experienced a broad spectrum of emotions during these growing years. It is hoped that open discussions and direct teaching will help them recognize their own emotions and express them appropriately, as well as be able to appreciate and respect the feelings of others.

Today’s lesson focused on two stories, one dealing with change and the other about taking pride in our accomplishments during Kindergarten this year. The story *Chrysanthemum* by Kevin Henkes was read to illustrate the importance of feeling proud of one’s hard work to accomplish a goal and not letting others take away your self pride and enthusiasm in a new situation.

Children are very perceptive and sensitive to moods in the adults with whom they live. Families can be very helpful in setting the tone

for positive, enthusiastic thinking about upcoming life changes by modeling optimism and framing unknown experiences as opportunities.

Next, we discussed our feelings about these changes that may/will take place next year. Some of us may view these changes as positive, while others may view them as negative. To further discuss this concept, children listened to the story, *It Happens to Everyone* by Bernice Myers. Through discussion during the story, children were led to recognize that change occurs all the time, just like the character in the story was experiencing many changes. Children learned that change can cause us stress (we discussed what stress means and what happens to our minds/bodies when we experience stress). Children learned that negative thinking can lead to excessive worry, while positive thinking can lead to excitement about change and the future. Our follow-up activity for these two stories included drawing a picture or writing down something they were proud of during the school year and/or drawing or writing about something they may be anxious or worried about next year. Children had the opportunity to share their work with a classmate. Children also shared a goal they might have for the remainder of the school year and how they would go about achieving it!

This discussion led us into our next activity. We talked about what changes will take place next at LCS. Some changes may/will include:

- New Classroom**
- New Teacher**
- New Friendships**
- More Responsibility**
- Homework**

Children played the “Sad and Glad” game with a partner. They were asked questions about things that may/will be different in First grade. They “voted” for their feelings by placing a marble in either the “Sad” cup or “Glad” cup. While it is certainly fine to feel sad about a potential change, we discussed how we might turn a sad outlook about something into a more positive one.

I have had such a wonderful time working with your child in Kindergarten this year. I look forward to working with your child again next year in First grade! Have a wonderful and safe summer!

**Sincerely,
Mr. Rauschenberger**