

# COUNSELOR'S CORNER

A helpful Tool for Parents ☺

- Davie Jones Elementary -

When we are self-accepting, we are able to embrace *all* parts of ourselves-not just the positive.

Self-acceptance is unconditional, free of any qualification. It challenges kids to become aware of themselves, recognize weaknesses and limitations and overcome challenges. It prepares students for life and builds resilience.

However, children are only able to accept themselves as far as they feel accepted by the adults in their life.

We can help them by:

- 1) Being kind to ourselves and others. They will watch and listen to the ways we show compassion.
- 2) Teach kids life isn't perfect and neither are we. We all have strengths / areas of opportunity.
- 3) Focus on behaviour, not the child. Refrain from labelling them. Talents are not innate or unchangeable. Behaviour will be difficult to correct otherwise.



**March Guidance Lessons:**

Accepting ourselves and others