

THE Counseling CONNECTION

January
2022

Reilly Elementary School
Cristina Nalbach MA, PPS School Counselor

Reilly Elementary is a wonderful place to be! For the months of December and January we have been working on student connections, building friendships, and much more!



In December, 5th graders worked in small groups to connect with their peers. Students played a connection cards game, recognized their peer strengths and shared hobbies and interests.

This month students have been learning about emotion management and how to cope with strong feelings. Kinder learned the most important calm down skill, Belly Breaths. 1st and 2nd graders discussed ways to calm down and be resilient when they are learning something new and how to calm down when they get embarrassed. 3rd and 4th grade classrooms learned the Problem Solving Steps and worked together to come up with solutions to different problems.

Did you know that we have a Game Wagon at Reilly? Students get to pick from a variety of games during their first recess and learn so many important skills such as; cooperation, emotion regulation, and building relationships. Game Wagon days are scheduled each month with Mrs. Nalbach.



How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk