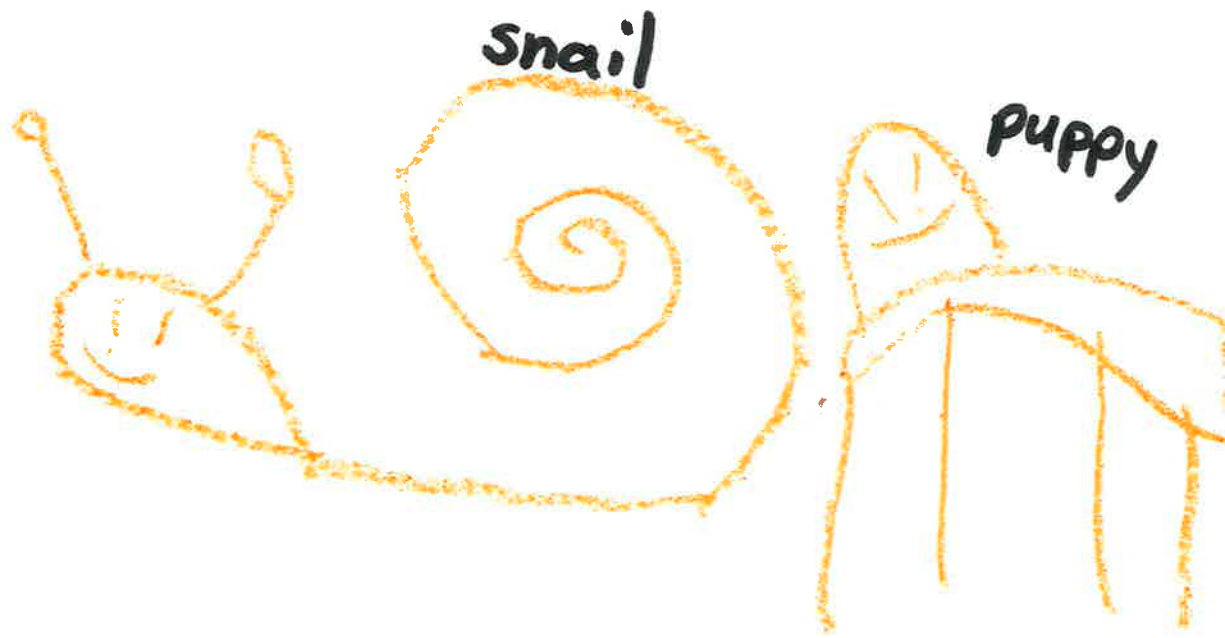


Anna

Name: _____

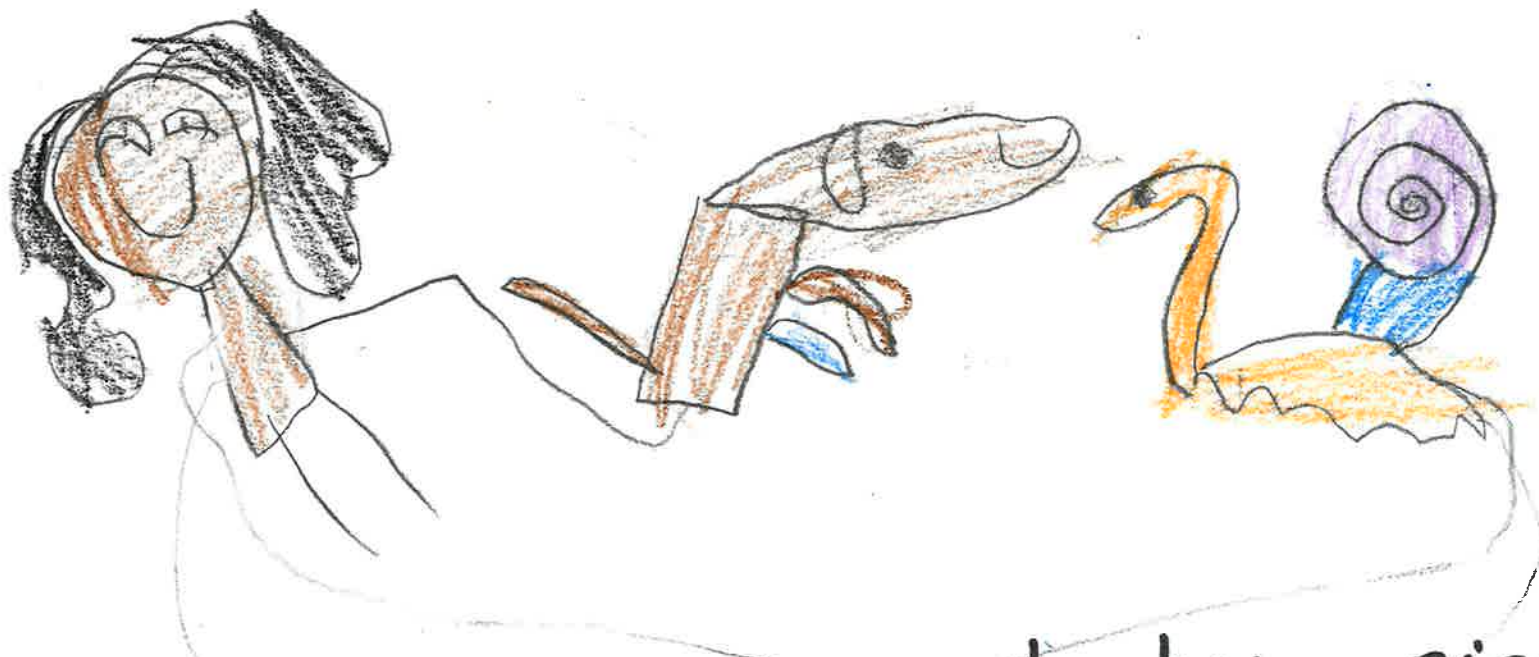
Draw a picture of something you have learned about in guidance class with Ms. Johnson this year.
Write a sentence, or have an adult help you write a sentence, about your picture.



BEAUTIFICE

Name: _____

Draw a picture of something you have learned about in guidance class with Ms. Johnson this year.
Write a sentence, or have an adult help you write a sentence, about your picture.



Somebody ~~who~~ who is not being nice
you help them learn to be nice.

Name: Pippa/pipsi/shel her

Draw a picture of something you have learned about in guidance class with Ms. Johnson this year.
Write a sentence, or have an adult help you write a sentence, about your picture.

Kaleb is jealous of Alice's stuff.

he decides to take
some breathes



609

Name: _____

Draw a picture of something you have learned about in guidance class with Ms. Johnson this year.
Write a sentence, or have an adult help you write a sentence, about your picture.

This is a kid doing self talk.



Name: Norvanda

Draw a picture of something you have learned about in guidance class with Ms. Johnson this year.
Write a sentence, or have an adult help you write a sentence, about your picture.

I had doing the stand up game.



Name: Dk

Draw a picture of something you have learned about in guidance class with Ms. Johnson this year.
Write a sentence, or have an adult help you write a sentence, about your picture.

This is an example of self talk.



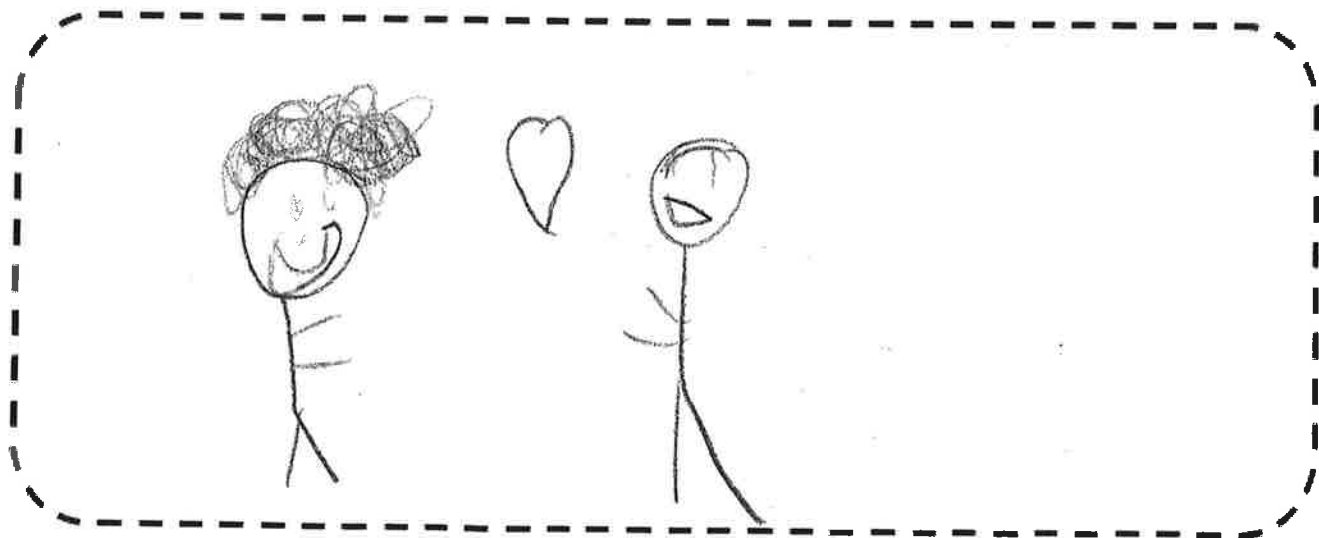
self talk

Date: 12/7/21

Dear Fam,

We have learned calming down tools, how the brain works and stress scale. I think it helped because our class is calmer.

Love Ethan



Date: 12/7/21

Dear mom and dad,

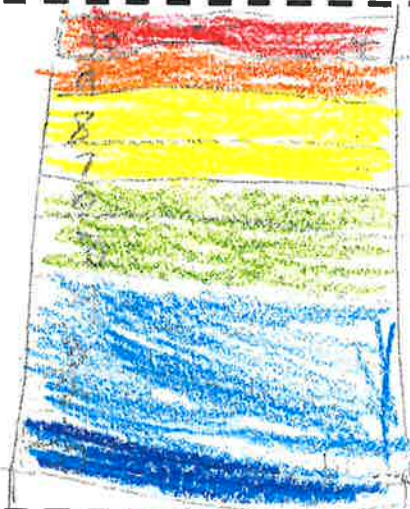
in guidance we are learning about the stress scale

and how to keep calm. and to talk problems

out not yelling at people and getting your

own way. main thing is staying calm.

FROM lolia



Dear Mom and Dad,

Here are some things I am learning in guidance. We learned how to take our pulse, use a stress scale, and take different kinds of breaths. We learned those skills to calm us down.

Love,

Ella

December 2, 2021

These three 4th grade students made a video/role play focusing on being assertive



Actors: Eli, Skylar, Emmet. They are playing themselves.

Emmet is playing with a ball...

Eli (in a mean voice): Your ball looks dumb!!

Emmet (looking sad): oh, okay.

Skylar to Eli: Dude, you should not say those things to Emmet, it's not nice. We can play three square all together!

Eli (thinking): I'm sorry.

Skylar: Let's play all together.

Emmet, Skylar and Eli start playing together.

GUIDANCE NEWSLETTER

BY THE 4TH GRADE OF 2021 CORNWALL VERMONT

Over the past 3 or more months we have learned a lot, we have learned to have empathy & respect, listening with attention, to be assertive, respecting similarities & differences, understanding complex feelings, understanding a different point of view, and last of all conversion & compliments. Us 4th graders have learned to be better people with the help of our teacher Ms. Johnson.

Here in the fourth grade all of the students have been hard at work on their own page to add to the newsletter about their chosen subject and what it means to them, and some of the students have worked together to make a combined page. I must say it's remarkable how much these kids have learned within these few months, and we are prepared to show you our work.

The names of the students hard at work are *Eli* [redacted] *Bryer* [redacted] *Opal* [redacted] *Wyatt* [redacted] *Mariposa* [redacted] *Piper* [redacted] *Gavin* [redacted] *Skylar* [redacted] *Emmelyne* [redacted] *Sydney* [redacted] [redacted] and *Emmet* [redacted]

Dear Mom and Dad,

In guidance class we learned about a few things. One of them is being assertive which I will be talking about. Here is an example of being assertive, can you please get me a pencil? An example of not being assertive, give me a pencil. That would be aggressive. Being assertive is the best way to communicate what you need or what you want. Good times to be assertive are when you want something.

By Albert [REDACTED]

Listening With Attention

It is important to listen with attention. Why? It helps the speaker feel heard and respected. It shows that you care about what they are saying and that they are worth your time. How do you show that you are listening with attention? Head up, eyes on the speaker, the occasional nod or "yup" or "uh huh". Ask questions if you like once they are finished. Now you know how to make the person you are talking to feel listened to and respected.

By Lachlan [REDACTED]