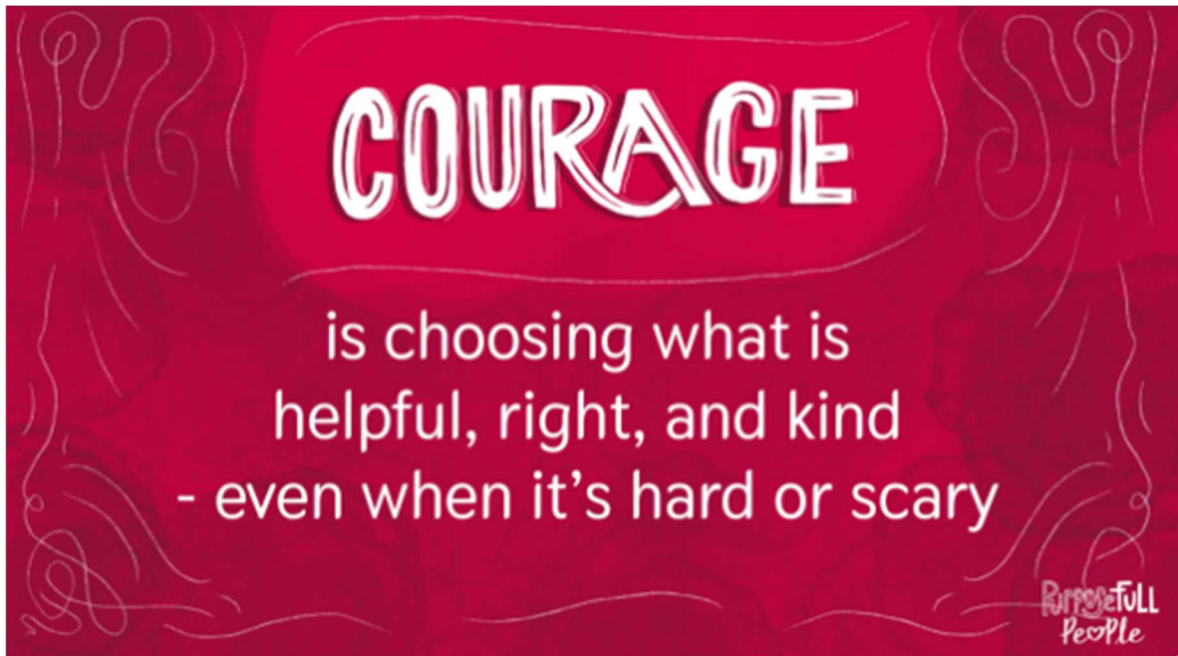


# Counselor's Corner

by Mrs. O



## PURPOSEFULL PRACTICE: COURAGE

Dear McKinley Family,

Over the next few weeks, I will be visiting all classes at McKinley School and discussing the character trait (we call them **PurposeFull Practices**): **Courage**.

Want to get involved in the fun? Besides reading through the parent newsletters (available in English and Spanish- below), here are a few ideas:

1. As a family, watch and discuss the short video clip: **What is Courage?**
2. Watch **A Little Spot of Courage** together. Discuss times when you had to use your Courage to do something that was helpful, right, or kind; even though it was hard or scary.
3. Watch **What is Mexican Independence Day?** Utilize the discussion prompts to engage in meaningful conversation with your family.
4. Have your student teach you our *Courage Chant and the hand motions*.
5. Have your student teach you how to *Breathe in Courage, and Exhale Fear*.
6. Share about a time when you had to use *Courage* to try something new.

Remember, **Courage is choosing to do what is helpful, right, and kind; even when it is hard or scary.**

**IMPORTANT:** During my lessons, I strongly iterate that it is **NEVER** okay to do dangerous things, things that are unsafe, or things that are not fully approved by you- their parents/guardians. I also remind students to ALWAYS put safety first, and to NEVER do anything new without YOUR permission.

I hope your week was as wonderful and fulfilling as mine. Your children are blessings and we thank you for entrusting them to us.

Warmly yours,

Mrs. O  
McKinley School Counselor