

DMUSD Counselors
Supporting Student
Well-Being and
Success



Student Supports

- Care Solace
- Community Resource Guide
- Counseling Website
- Parent/Guardian Series
- What is coming up?

DMUSD Counseling Program

- Promote student success through universal social-emotional learning and targeted interventions
- Provide direct services to all students, including monthly classroom lessons
- Identify and support students who may need additional targeted support
- Strengthen a positive, supportive schoolwide culture
- Provide resources and tools for teachers and families Use data to identify needs and guide supports







Information includes:

- Role of the School Counselor
- Counseling Corner in principal's newsletter
- Mental health
- Community Resource Guide
- Recaps of previous parent/guardian sessions
- Accessible SEL tools

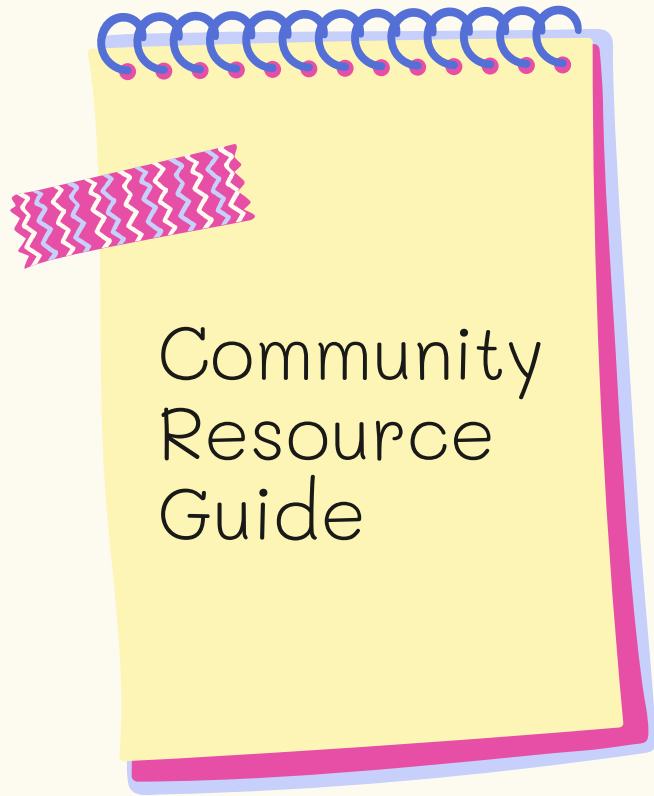


<https://bit.ly/3HmhB3X>



Care Solace

- Free and confidential service that helps families find mental health, wellness, and community resources.
- Care Companions do the searching for you, including finding providers that match your needs and insurance.
- Available 24/7/365 in any language



- 75-page Community Resource Guide with a wide range of supports and services available to families across San Diego County.
- Includes resources for mental health, basic needs, parenting/family support, healthcare, food, housing, and more.

Parent/Guardian Series

Previous Topics

- Power of Play
- What our Children are Saying They Need
- The Shift to Empowerment: Raising Kids Who Believe in Themselves

Coming up!

- December: Let Grow - Helping children learn independence
- February: Love & Logic - Empathy, boundaries, and responsibility
- Spring: TBD!



Parent/ Guardian Series

Acknowledge
Label Feelings

Validate
Respect all Feelings

Permit
Give Permission to Feel
Those Emotions

"I know you're frustrated."

*"It can be so frustrating when you
have almost beat a level and screen
time is over."*

*"It is okay to feel this way and your
time is up."*

25 Phrases to

BUILD KIDS' AGENCY, RESILIENCE & ACCOUNTABILITY

"I can learn from anything, even mistakes!"

1. IT'S OKAY TO FEEL UPSET - LET'S
TALK ABOUT IT.

2. WHAT CAN WE LEARN FROM THIS?

3. YOU DON'T HAVE TO BE PERFECT
TO TRY AGAIN.

4. MISTAKES HELP OUR BRAIN
GROW.

5. THIS IS HARD, BUT YOU CAN DO
HARD THINGS.

6. EVEN WHEN IT'S TOUGH, I SEE
YOU TRYING.

7. LET'S TAKE A DEEP BREATH AND
FIGURE THIS OUT TOGETHER.

8. YOU'RE NOT ALONE—I'M HERE FOR
YOU.

9. YOU'VE HANDLED TRICKY THINGS
BEFORE.

10. YOUR FEELINGS ARE VALID, AND
THEY WILL PASS.

11. EVERY TIME YOU TRY, YOU'RE
GETTING STRONGER.

12. CAN YOU THINK OF ANOTHER
WAY TO SOLVE THIS?

13. YOU ARE MORE THAN ONE
MOMENT OR MISTAKE.

14. LET'S FOCUS ON WHAT WE CAN
CONTROL.

15. IT'S BRAVE TO ASK FOR HELP.

16. YOU BOUNCED BACK—THAT'S
RESILIENCE.

17. WHAT DO YOU WANT TO TRY
DIFFERENTLY NEXT TIME?

18. YOU ARE LEARNING HOW TO
HANDLE BIG EMOTIONS.

19. I ADMIRE YOUR PERSISTENCE.

20. LOOK HOW FAR YOU'VE COME.

21. SETBACKS ARE PART OF
GROWING.

22. KEEP GOING, EVEN WHEN IT FEELS
SLOW.

23. IT'S OKAY TO REST, THEN TRY
AGAIN.

24. YOU'RE BUILDING YOUR OWN
STRENGTH EVERY DAY.

25. I BELIEVE IN YOUR ABILITY TO
FIGURE THINGS OUT.

100 WAYS TO CONNECT

With Each Other in 5 Minutes or Less

Use this list for idea on ways to connect with each other.

Color a section of your tracker each time you connect to celebrate your moment together.

- ☐ Share a favorite memory.
- ☐ Dance to a fun song.
- ☐ Give a giant bear hug.
- ☐ Draw something silly together.
- ☐ Play rock-paper-scissors.
- ☐ Build a quick pillow fort.
- ☐ Tell a quick joke.
- ☐ Take turns making silly faces.
- ☐ Create a secret handshake.
- ☐ Read a short story aloud.
- ☐ Whisper something kind.
- ☐ Toss a ball back and forth.
- ☐ Look for shapes in clouds.
- ☐ Make a paper airplane.
- ☐ Write a kind note together.
- ☐ Solve a riddle or puzzle.
- ☐ Play 20 Questions.
- ☐ Play a quick thumb war.
- ☐ Try a tongue-twister challenge.
- ☐ Count how many hugs you can give in 30 seconds.
- ☐ Do a mini scavenger hunt.
- ☐ Trade back rubs.
- ☐ Race to pick up 10 toys.
- ☐ Give each other nicknames.
- ☐ Spin around and try not to fall.
- ☐ Teach them a clapping game.
- ☐ Share something you're proud of.
- ☐ Make shadow puppets.
- ☐ Share a secret (fun, not serious).
- ☐ Tap out a beat and copy it.
- ☐ Pretend to be robots.
- ☐ Sing a song together.
- ☐ Race to find a favorite book.
- ☐ Make animal noises and guess.
- ☐ Try spinning a coin together.
- ☐ Walk heel-to-toe across a room.
- ☐ Fold a simple paper boat.
- ☐ Look for hidden shapes in objects.
- ☐ Make a tiny parade with toys.
- ☐ Share a happy thought.
- ☐ Do a quick yoga pose together.
- ☐ Make up a nonsense word.
- ☐ See who can hum the loudest.
- ☐ Count to 10 in a funny voice.
- ☐ Do a surprise act of kindness together.
- ☐ Play peek-a-boo or hide hands.
- ☐ Color or doodle something tiny.
- ☐ Practice winking with one eye.
- ☐ Tap fingers to a drumbeat.
- ☐ Try a new snack.
- ☐ Imagine you're in outer space.
- ☐ Try saying tongue twisters fast.
- ☐ Play with a flashlight in the dark.
- ☐ Share a "dream day" idea.
- ☐ Pretend you're pirates.
- ☐ Stack items without knocking them.
- ☐ Match footsteps while walking in snow or sand.
- ☐ Create a 5-word silly sentence.
- ☐ Close eyes and name a smell.
- ☐ Try hopping on one foot together.
- ☐ Try a blindfolded taste test.

Thank you!
Questions?

