

Social & Emotional Spotlight

September 2020

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RESILIENCE

Dictionary.com defines resilience as; "the capacity to recover quickly from difficulties; toughness." 2020 has definitely been and continues to be a year where children and adults are forced to confront and use their resiliency skills. It may leave some wondering...How can I and/or my child become more resilient?

The Social & Emotional planning team, school counselors, and classroom teachers have introduced the topic of "resilience" to students this month through our whole-school scavenger hunt tour and synchronous and/or asynchronous learning options. We ask you to continue this important learning at home, as we continue to support student resilience in the classroom. We are all in this together!



-SURVIVING-
Thriving
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be
resilient.



JUST
KEEP
GOING

OHES Scavenger Hunt!

The school-wide scavenger hunt activity was a great display of resilience! Even though we cannot be in the school building, we are able to develop alternate ways to feel connected with each other. Accepting change and possibly even embracing it, demonstrates resiliency.

After visiting each school location in the scavenger hunt, students uncovered a secret letter. The secret letters spelled the word- Resilience. Asynchronous and synchronous options were then made available for students so they could learn what the word resilience means!

Continue the conversation at home! Ask your child if they had a chance to complete the Scavenger hunt. Consider doing it together as a family! Talk about ways you have shown resilience in life and how it has helped you.

OHES Scavenger Hunt link- Click [here](#)

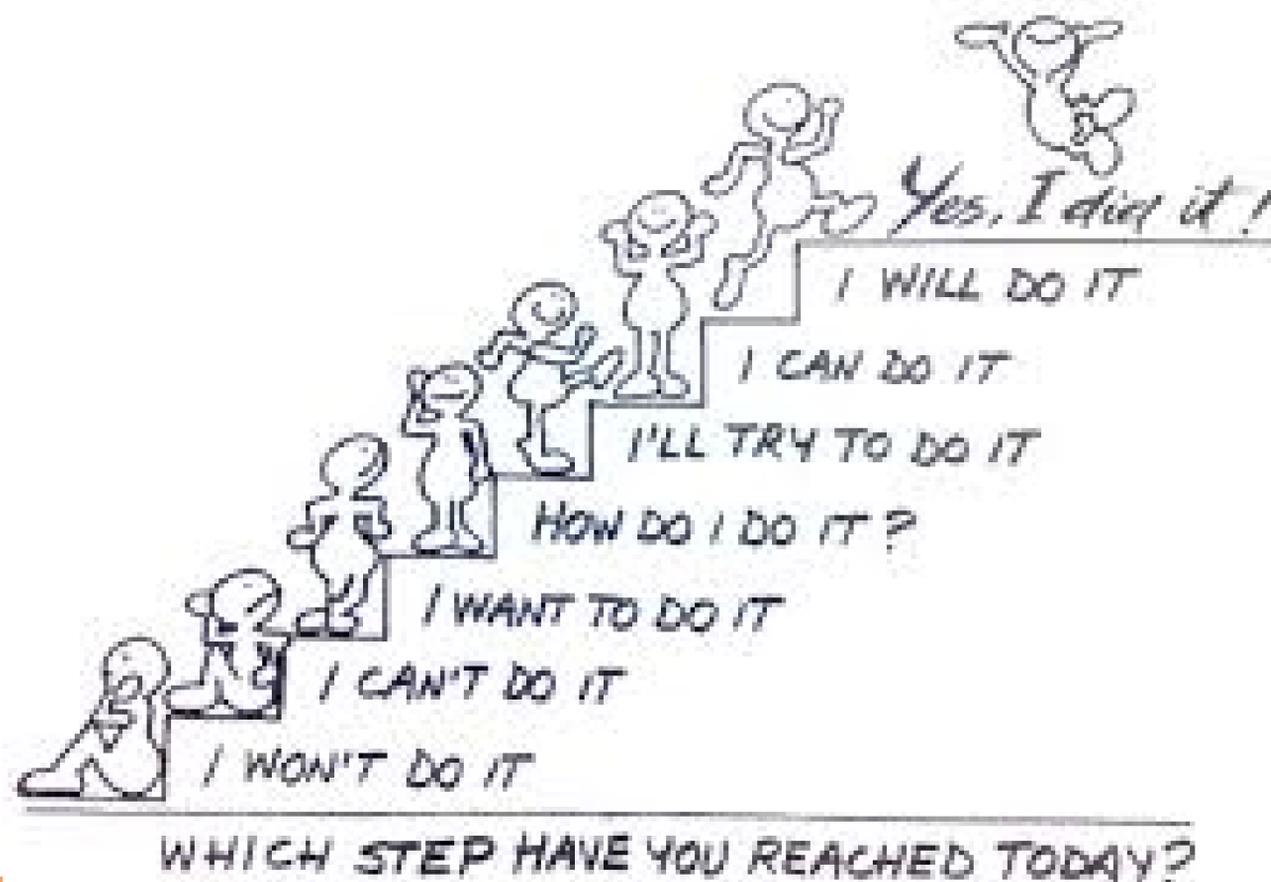
Raising a Resilient Child

Parents model resilient behaviors from the time their children are born.. The choices we make as parents, can enhance our child's resilience or do the opposite. Take a moment to ask yourself the following questions and be open to an honest reflection.. Do you allow your child to struggle, as appropriate? Do you create appropriate challenges for your child? Do you refrain yourself from stepping in to solve every problem for your child?

The key to managing mistakes or setbacks isn't avoiding them, but talking and working through them. Big feelings and bumps in the road will come, and with time and loving support, your child will begin to take them in stride and feel good about their hard work. They will be able to learn and grow from mistakes, and bounce back to become better at problem solving, interpersonal relationships, and facing adversity. Click [here](#) for a quick video sharing some helpful tips!



School Counseling Department



A large role of the OHES school counseling department is to support student social and emotional growth during this critical developmental period. School counselors do this by offering parent resources, classroom lessons, small group learning opportunities, and/or short-term individual sessions. If you would like additional parenting resources on the topic of "resilience", please visit our [website](#).

