

Counselor's

CORNER

Otto-Eldred Elementary School

December 2024 Mrs. Kera Hendershot

Happy December!

As we move into the final month of the year, it's a wonderful time to reflect on the power of kindness and connection. This month, our focus will be on empathy—the ability to understand and share the feelings of others. Empathy is a powerful tool for building stronger relationships, fostering compassion, and creating a supportive school community. Throughout the month, we'll encourage students to practice empathy by listening, supporting, and thinking about others' perspectives. Whether it's a classmate, a friend, or someone in need, we can all make a positive difference by showing kindness and understanding.

In November, I had the privilege of working with each class on understanding and practicing gratitude. It was amazing to see the students embrace this character trait, recognizing how much they have to be thankful for. We also celebrated our November Student of the Month and held a wonderful assembly to recognize those students for their hard work and positive behavior.

Wishing you all a peaceful and joyful December as we wrap up this year!

What's In This Month's Issue?

- Students of the Month
- Character Trait of the Month
- PurposeFull Pursuits
- Conversation Starters



Students of the Month

The following students were chosen as November Students of the Month in their classroom for showcasing their outstanding character by displaying continued acts of GRATITUDE.

Kindergarten: Kinleigh Good, Rowan Schoolmaster, & Carly Goodwill

1st Grade: James Dowell & Isaiah Densmore

2nd Grade: Donald Good & Carter Schwab

3rd Grade: Kristi Tucker & Teagan MacPherson

4th Grade: Ally Yeaples, Aubrianna Niver, & Maxwell Ewing

5th Grade: Gracie Parris & Ethan Schneider

6th Grade: Liam Baker & Rickie Mink

In addition to Student of the Month, many other students were nominated as "Terrific Students." These students were noticed by faculty and staff for going above and beyond to show GRATITUDE last month.

Character Trait of the Month: EMPATHY

We are looking forward to focusing on EMPATHY this month!

One way to think about Empathy is “understanding and connecting with other people’s feelings.” Empathy is a practice that can help us grow strong relationships.

Empathy is 1 of 3 traits we will focus on throughout the year that helps students **Be Kind**.

Across grade levels, students will be developing skills like perspective-taking, conflict resolution, and leadership.



RESPONSIBILITY Conversation Starters

- What does Empathy look like to you?
- Is it hard for you to share how you feel with others? Why or why not?

EMPATHY PurposeFull Pursuits

Have some fun connecting as a family this month while practicing Empathy. Here are 2 “PurposeFull Pursuits” you can complete together!

- 1 Empathy is understanding and connecting with other people's feelings. Schedule a family movie night so that you can specifically watch for feelings and emotions. Let everyone know that you'd like them to point out how the characters in the show are feeling and that you will pause periodically to discuss Empathy. As emotions are identified, invite one another to Empathize by sharing about a time they felt that way or imagining how they might be feeling in that moment.
- 2 Review the definition of Empathy as a family! Remember that Empathy is understanding and connecting with other people's feelings. Find a time to sit in a circle together and celebrate all the ways you have seen each other practice Empathy. Take turns sharing responses to the following prompts or make up your own! Remember to practice Empathy as you listen to each other. *What is 1 way a family member has shown you Empathy lately? *Share about a time when you felt like someone really listened to you.

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