

School Counsellor Newsletter



Aristotle at Home: Exploring our emotions and looking after ourselves

Newsletter 2

"Sadness...Mum and Dad...the team. They came to help...because of Sadness."

A quote from the movie Inside Out, when Joy realizes the importance of Sadness, whom she had always tried to keep in check to avoid Riley being sad.

I hope that you have been able to look at some of the Aristotle at Home resources which were mentioned last week in the first newsletter of this series. If not, this newsletter may help to get you started and by accessing any of the links in this newsletter, you will be taken to the webpage with all of the resources which have already been shared.

Years 1 to 4

This week two activities are being offered at this level. Both focus on exploring emotions and understanding the importance of positive emotions, but also allowing space for negative emotions when they are experienced. The first activity, Inside Out, involves watching the popular movie of the same name, whose main characters are named after, and express, different emotions: Joy, Anger, Sadness, Fear and Disgust. Both the movie and the accompanying exercises in the handout will help students to develop and understand the importance of empathy, that

emotions are important in decision making and that all emotions are important, even those that are uncomfortable. If you have limited time, the second activity looks at painting different emotions. Not only will this help students (and hopefully you too if you join in!) to think more deeply about their emotions, the process of visualisation as you paint can help you to relax and reduce feelings of stress or anxiety.

- [Inside Out](#)
- [Paint my Emotions](#)

Years 5 to 8

An activity which addresses the importance of self-care is being offered at this level this week. Just like a pet, or a pot plant, needs care and attention, so do people. In this activity students are asked to reflect on their self care routines, which may have changed during or since lockdown, and to make a plan so that their self-care is prioritised and planned for, rather than happening by chance. The important elements of self-care and wellbeing which are focused on are: sleep, exercise, good nutrition, connections with others, feelings of achievement, time to relax, a sense of purpose and having fun.

- [Self-care Student resource](#)
- [Self-care Parent resource](#)



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If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim
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