

# School Counsellor Newsletter



## Aristotle at Home: Coping with our feelings as we move into Level One

Newsletter 4

**As we move into Level 1, many of us will be feeling excited, and indeed we should feel a sense of pride in what we have achieved as a country and great joy about having more freedom again.**

Yet, even at Level 1 it is important to acknowledge that this is a change and it can be unsettling. For many of us, Level 1 will feel quite different to 'normal' and yet for others it will feel like life before Level 4, and this difference in views can be difficult in itself. Coping with changes, uncertainty and differences, especially when there have been many changes, is challenging, so make the time to check in with your son and let him know that is normal and okay if he is feeling different, anxious, tired, excited, nervous or something else. I hope that this week's resources from Aristotle can support your conversations with your son about this.

This is not always going to be easy and that is okay. Let's continue to be kind to ourselves and to each other so we can continue to get through this as a team.

### Years 1 to 4

This week two activities are being offered at this level, similar to the activity from last week.

The first activity, *Sometimes I'm Bombaloo*, involves listening to the book together on YouTube and then completing the activities to help your son understand big emotions and ways to cope with

them. As well as a worksheet on feeling upset, there are options of things to do to help when your son is feeling like this, like making stress balls out of balloons and flour/rice.

The second activity, *Today I feel Silly*, also involves listening to the book together on YouTube and then completing the activities to help increase your son's emotional vocabulary and to help him discuss his emotions. There is a worksheet for drawing the emotions talked about in the book on template faces.

### Sometimes I'm Bombaloo

### Today I feel Silly

### Years 5 to 8

This week one activity, called *Coping with Emotions*, is being offered at this level. It will help your son to look at different ways of coping with emotions effectively.

It starts with a quick survey asking about 'ways of coping' so that your son can see which of the ways he uses most, and how helpful this is. The different ways of coping which are encouraged as being most effective are:

- Seeking social support
- Using a problem-focussed approach
- Altering one's thoughts to look at a situation a different way

Students can then fill in separate worksheets for coping with different emotions such as anger, sadness, anxiousness, loneliness and

disappointment. Each worksheet has space for an action plan and suggested tools and strategies to use. Students are also asked to think about situations that create stresses or challenges for them and to make an action plan for these. The parent handout provides helpful information about ways of coping with emotions, and what will be useful to support your child with this activity.

[Coping with Emotions \(Student\)](#)

[Coping with Emotions \(Parent\)](#)



## Jenelle Hooson

**Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).**

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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