

School Counsellor Newsletter



Positive Accomplishments: Part 1 - Developing a kind inner voice Edition Eight



Would you say that to your friend? Then do not say it to yourself!

The remainder of Term 3 is full of many exciting activities, in addition to class programmes. At a glance I noticed the North Island Sports Tour, Epro8 Challenge, Speeches, Music Extravaganza, ICAS examinations, Chess competitions and Problem-Solving. So many wonderful opportunities, most of which involve the added pressure of preparing, performing on the day and hoping everything will be just right. How can you support your sons for the possibility that things may not go the way they wish, and also foster the idea that this can still be a positive experience? One way is to talk to your son about developing a kind inner voice.

When things do not go the way we wanted them to, or we think we made a mistake, it is very easy to be critical of one's self. For example, when we miss a music lesson our inner voice might say "Oh, I'm so disorganised! I am never going to get anything done!" Yet, if we used a kind, compassionate and caring inner voice it would say, "It's okay I missed that lesson. It's annoying

yet I know I can learn from this and make the next one by setting the alarm on my watch." A good way to check in with your inner voice is to stop and ask it, "Would I say that to my closest friend?" If the answer is "No" then it is a useful reminder to be kinder to yourself.

This is something you can talk about with your son and role model to him, as this would be helpful for you as well as him! It will also develop a common sense of understanding that everyone makes mistakes, everyone has weaknesses and everyone can learn from these. Here are some ways you could practise developing a kind inner voice with your son:

- If you hear your son saying something critical about himself, help him to re-frame it by using this template, or your own which you might develop together. "It's okay that happened. I feel about it yet I know I can learn from this for next time by....." See the above example for what could go in the gaps. If you have looked at Character Strengths you could use these here as well.
- If you hear your son saying something critical about himself remind him to be kinder to himself by asking him "Would you say that to your friend?"
- In the car, at the dinner table or when saying good night you could ask your son "How were you kind to yourself today?"

Can you give me one/some examples?"

- If you or your son find yourself using a critical inner voice acknowledge that you could have said things differently and re-frame it. It can be hard to remember to be kind to ourselves all the time - so be kind to yourself if you forget to!
- A good way to remember to be kind to ourselves is to think of how we are kind to others. Every class at Medbury has a Kindness Box so you could talk to your sons about that or you could use the following activity (from: <https://biglifejournal.com/blogs/blog/kindness-rocks-challenge-kids-activity>) as inspiration for kind things you can say to others, as well as to yourself! See the image overleaf.



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
amos.pilgrim@medbury.school.nz.

MESSAGE IDEAS FOR YOUR KINDNESS ROCKS

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| <input type="checkbox"/> Choose to be happy | <input type="checkbox"/> You are worth it |
| <input type="checkbox"/> There is only one YOU | <input type="checkbox"/> Reach for the stars |
| <input type="checkbox"/> You ROCK | <input type="checkbox"/> Make today great |
| <input type="checkbox"/> Dream Big | <input type="checkbox"/> YOU DECIDE :): |
| <input type="checkbox"/> Be KIND | <input type="checkbox"/> Shine bright! |
| <input type="checkbox"/> You got this | <input type="checkbox"/> You can do hard things |
| <input type="checkbox"/> Choose Kind | <input type="checkbox"/> Keep chasing rainbows |
| <input type="checkbox"/> You matter | <input type="checkbox"/> You can choose to have a good day |
| <input type="checkbox"/> Shine on! | <input type="checkbox"/> Celebrate the little things |
| <input type="checkbox"/> You CAN! | <input type="checkbox"/> You can move mountains |
| <input type="checkbox"/> Be BRAVE | <input type="checkbox"/> You are braver than you think |
| <input type="checkbox"/> Be UNIQUE | <input type="checkbox"/> KEEP GOING, you're doing great! |
| <input type="checkbox"/> You are strong | <input type="checkbox"/> If you get tired, learn to rest, not to quit |
| <input type="checkbox"/> Start today | <input type="checkbox"/> If you can dream it, you can do it |
| <input type="checkbox"/> You are loved | <input type="checkbox"/> Mistakes are proof that you are trying |

