



# January Counseling News



Check out resources for the "Pillar of the Month" on the back →

## JANUARY IS... Get Organized Month!!! 😊

### Monthly Focus

**re\*spon\*si\*ble:** having an obligation to do something, or control over or care for someone, as part of one's job or role.  
 → synonyms: in control of; accountable for

Do what you are supposed to do; persevere; keep on trying!; always do your best; use self-control; be self-disciplined; think before you act; consider the consequences; be ac accountable for your choices.

### Character Counts!

- This month our TTRFCC ACES students will learn all about being a responsible person of good character. The responsibility pillar is represented by the color green, as in being responsible for a garden or finances; or as in being solid and reliable like an oak.

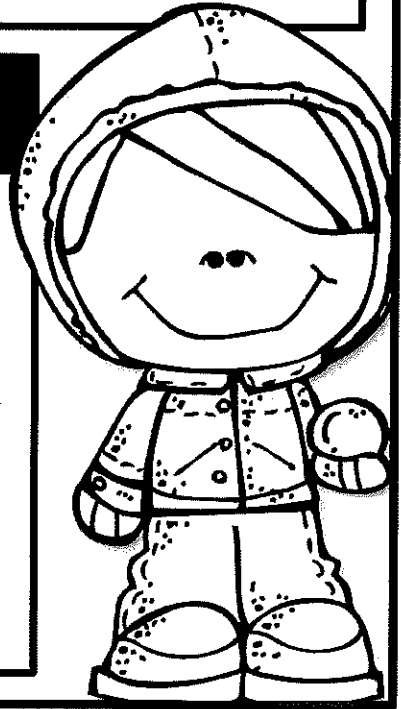
How to be a responsible person:

- Be reliable and dependable; when you agree to do something, do it.
- Take responsibility for your actions; don't make excuses or blame others.
- Use your head; think before you act; imagine the consequences.
- Always do your best!

### Classroom Lessons

**PreK/K/1st/2nd: Responsibility**  
 Personal/Social Development Goal: Students will acquire an understanding of, and respect for, self and others, and the skills to be a responsible citizen.  
 EPI: Exhibit the principles of character, including honest, trustworthiness, respect for the rights and property of others, respect for rules and laws, taking responsibility for one's own actions, fairness, caring, and citizenship.

**3rd/4th: Test Nav & Practice**  
 Academic Goal: Students will acquire the academic preparation essential to choose from a variety of educational, training, and employment options upon completion of secondary school.  
 Grade 3: EA2. Understand the importance of individual effort, hard work, and persistence EA9. Use study skills and test-taking strategies  
 Grade 4: EA12. Apply study skills necessary for academic achievement EA13. Use critical thinking skills and test-taking strategies



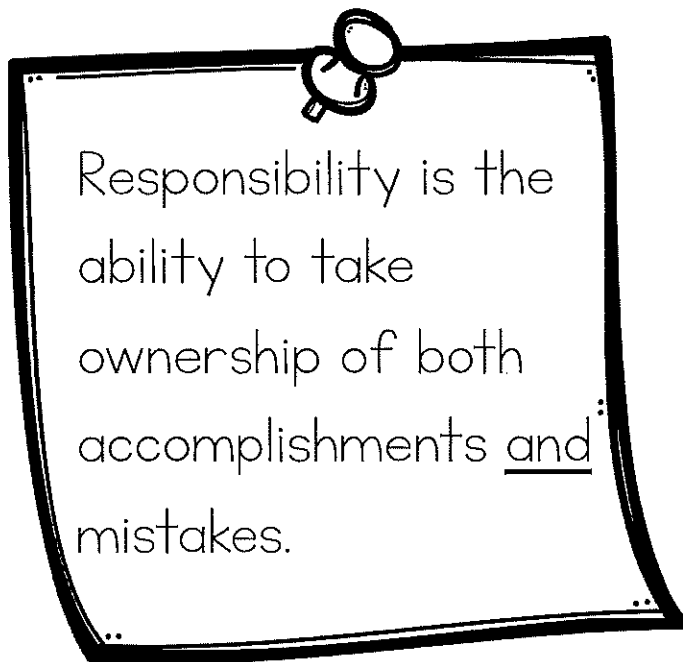
# RESPONSIBILITY

*helping our children take ownership of their lives*

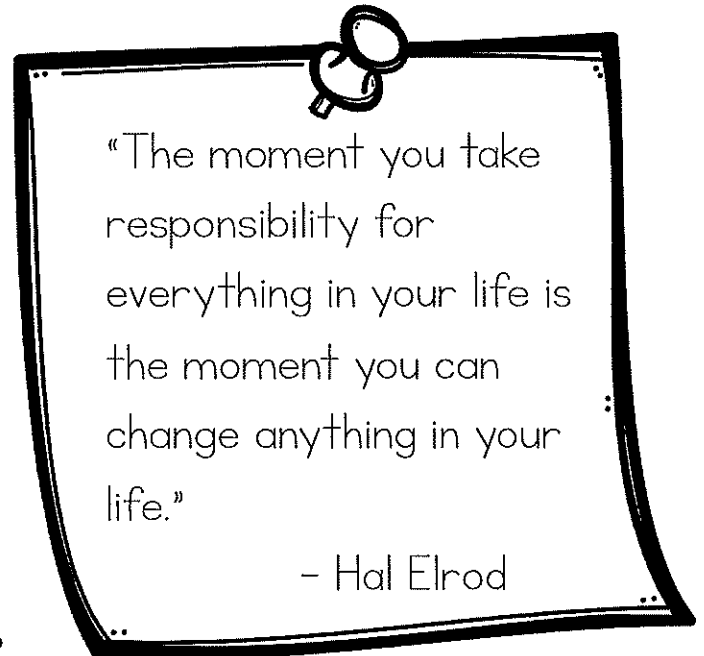


## WHAT IS IT?

## WHY IS IT IMPORTANT?



Responsibility is the ability to take ownership of both accomplishments and mistakes.



“The moment you take responsibility for everything in your life is the moment you can change anything in your life.”  
- Hal Elrod

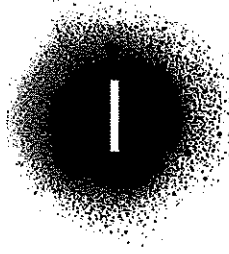
## WHAT IT LOOKS LIKE

- follows through on promises and commitments
- is dependable
- does what needs to be done without being asked
- accepts blame (does not make excuses or blame others for mistakes)
- does the right thing, even when no one is watching



# RESPONSIBILITY

*how you can help your child*



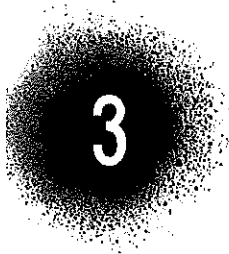
## MODEL IT

The most powerful way to teach responsibility is to model responsibility for your child. If you make a promise to someone, keep it. If you make a commitment, stick to it until the end (even if you don't feel like it). Verbalize these situations for your child. You could say, "I'd really like to stay home today, but I promised our neighbors I would help them with their garden."

## LET THEM HELP YOU



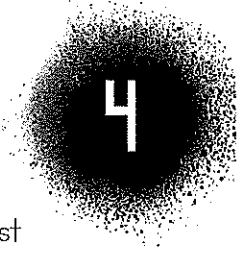
Young children often want nothing more than to help you (cook, clean, fold laundry). Even though it may take 3 times longer to get something done, let them help you. Letting them help you builds your child's confidence and self-worth and teaches them how to do chores. Be careful not to be overly critical of how they do the job - this can undo the positive experience.



## CHORES, CHORES, CHORES

Age-appropriate chores are an important part of building responsibility. Before assigning chores, be sure to model each task for your child. Start small, and gradually add tasks as they get older. Make a visual list or chart so your child can see what needs to be done each day.

## HELP THEM UNDERSTAND CONSEQUENCES



Each choice we make has a consequence - positive or negative. Being responsible means that we try to make choices that are going to give us the best consequences. Use examples from your life to help reinforce this. You could say, "I chose to pack my lunch last night, and now I don't feel rushed this morning." Give your child opportunities to make good choices, but don't rescue them when they forget their responsibilities. If they are responsible for bringing their band instrument to school and they forget, don't bring it to them. Let them pay the consequence this time and chances are, they will be more responsible the next time.



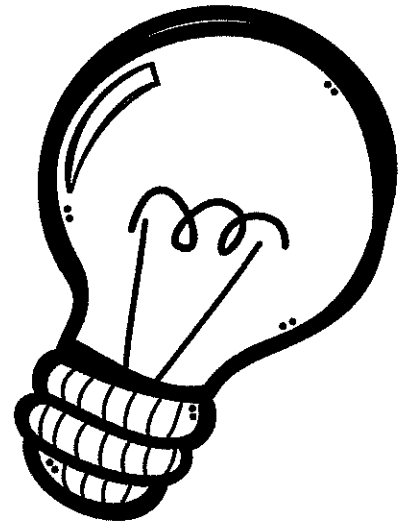
# RESPONSIBILITY

*resources to help your child*

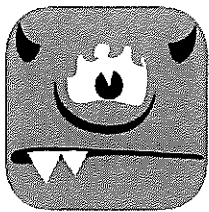


## BOOKS THAT TALK ABOUT RESPONSIBILITY:

- But It's Not My Fault! (Responsible Me) by Julia Cook
- I Just Forgot by Mercer Mayer
- Do I Have To? By
- Arthur's Pet Business by Marc Brown
- The Paperboy by Dav Piley
- Rocky Road by Rose Kent
- Seedfolks by Paul Fleischman



## THERE'S AN APP FOR THAT:



### CHORE MONSTER

Create scheduled chores with point values. Children earn points when they complete a chore and they can use their points to "buy" rewards such as a trip to the movie theater.



### DREAM HOUSE TASKS

Parents decide what chores or tasks need to be done and enter them into this safari-themed app. The child selects their own pet that they get to feed when they finish the tasks for the day.

