



# OPEN MIND

## Guidance Newsletter



Toy Drive

This month, we learned about **RESPONSIBILITY**

RESPONSIBILITY is defined as having the job or duty of dealing with or taking care of something or someone. It is being able to do what is right or do the things that are expected or required. Being responsible involves important duties and decisions that you are trusted to do.

### Bible Scriptures About Responsibility

*For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil. — 2 Corinthians 4:10*

*Train up a child in the way he should go; even when he is old he will not depart from it. — Proverbs 22:6*

He who plants and he who waters are one, and each will receive his wages according to his labor. — 1 Corinthians 3:8

### January Celebrations and Awareness Days

Get Organized Month  
National Mentoring Month  
National Thank you Month

9 New Year Celebrations  
16 Martin Luther King Jr. Day  
23-27 Culture Week  
23 - 29 School Choice Week



# DECEMBER OPEN MIND LESSONS



## PRESCHOOL

*Students embarked on a Christmas yoga adventure. They also practiced talking about their feelings in a fun and safe way through puppet play. Students learned the value of responsibility at home, in school, and in the community.*

## KINDER - SECOND

*Students learned about "the feels" and what each one needs by building attention to their own emotional experiences. They also identified ways to show responsibility for themselves*



## THIRD - FIFTH

*Students practiced cultivating small, meaningful moments of mindfulness throughout the day through simple daily prompts. They also brainstormed how to positively influence others and determined responsible reactions to various situations.*

## MIDDLE SCHOOL

*Examined their responsibilities through the lenses of assigned, assumed, automatic, and reminded. They also learned how inserting a mindful pause throughout the day supports us in responding and not simply reacting in habitual ways that may not be helpful.*



### Books with the Theme of Responsibility

- I Just Forgot by Mercer Meyer
- Mrs. McBloom, Clean Up Your Classroom! By Kelly DiPuchio
- But It's Not My Fault by Julia Cook
- The Paperboy by: Dav Pilkey
- My Magical Choices by Becky Cummings

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*"In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility." - Eleanor Roosevelt.*

*"When you blame others, you give up your power to change." - Author Unknown.*

*"If you take responsibility for yourself you will develop a hunger to accomplish your dreams." - Les Brown.*