



OPEN MIND

GUIDANCE NEWSLETTER

This month we celebrated:

Patience



Spring Celebration, March 16th

As we enter another month of learning and growth, we want to take a moment to emphasize the importance of patience in your child's journey. Patience, simply put, is the ability to remain calm and composed in the face of difficulty or delay.

In today's fast-paced world, it is easy for children to become frustrated when things don't happen as quickly as they want them to or when facing a setback. However, the ability to practice patience can help them better cope with these challenges and persevere toward their goals.

In the classroom, we encourage students to practice patience in a variety of ways. Whether its waiting for their turn to speak, taking the time to fully understand a new topic, or working collaboratively with their peers, these experiences help build their resilience and determination.

As parents, we encourage you to lead by example in fostering patience with your child. Encourage them to take a deep breath and keep trying, even when things are tough. With your guidance and support, your child will develop the valuable skill of patience that will serve them well throughout their academic and personal journey.



Literacy Week, March 3rd

APRIL CELEBRATIONS AND AWARENESS DATES

Stress Awareness Month
National Counseling
Awareness Month

- 5 Career Day
- 7 Good Friday
World Health Day
- 9 Easter
- 11 World Breathing Day
- 21 Earth Day
- 30 National Therapy
Animal Day



March Open Mind Lessons

- Patience and Emotional Literacy



Preschool

Students practiced calmly resolving issues without getting upset or angry. They also explored emotions through the story "In My Heart" by Jo Witek and hands-on activities.

Bible Verses and Quotes about Patience

"Hot tempers cause arguments, but patience brings peace." – Proverbs 15:18

"Patience is not the ability to wait, but how you act while you're waiting." – Joyce Meyer

"A moment of patience in a moment of anger saves you a hundred moments of regret." – Anonymous

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control..." – Galatians 5:22

Free Webinar on April 5th at 12 pm

How to Support Anxious Children in Being Brave

by Dr. Caroline Harvey, PsyD

to register click on [this link.](#)

Kinder-Second

Students listened to a story on emotional literacy and practiced identifying different emotions based on scenarios. They identified primary emotions and built the skill of empathy for identifying emotions in others. Students also learned about patience, its importance, and practiced it through interactive games like red light green light, yoga poses, and tower of cups.



Third-Fifth

Students discussed why it matters to be able to communicate our emotions and then played a game of emotions charades. They also learned to understand the benefits of patience and learned mindfulness techniques to help them practice patience in their daily lives.



Middle School

Students explored their experiences of emotions more deeply through the "atlas of emotions". They recognized their experiences and responses to each primary emotion. They also reviewed the importance of patience, different strategies to practice this character trait, and how to develop the skill by engaging in various interactive activities.

