

COUNSELOR'S CORNER



CHAPARRAL ELEMENTARY SCHOOL MARCH 2024

SCHOOL COUNSELOR ACTIVITIES

MARCH CLASSROOM LESSONS:

- TK/K: Solving Problems
- 1st: Calming Down Anger
- 2nd: Emotion Management
- 3rd: Solving Problems
- 4th: Taking Responsibility
- 5th: Dealing with Gossip



Chiara, a therapy dog, and her handler Nancy, visit Chaparral once a month to provide calming support for our students. Champions love getting to visit with Chiara. They can pet her, brush her hair and even put a bow on her! We love when they visit!



HIGHLIGHT OF THE MONTH- DISABILITY AWARENESS

WHAT TO DO WHEN YOU MEET A PERSON WITH A DISABILITY

DO YOU? Hide?
HELLO!
 OR... H.I.D.E. Say "hello", introduce yourself. Don't panic. End the awkward.
ALWAYS Be natural but be aware.

BUT YOU CANT DO THAT...
DO YOU? Make assumptions about ability or potential problems?
 OR... Ask about their interests and goals.
REMEMBER The potential for people with disabilities is limitless!

DO YOU? React negatively?
 OR... Make eye contact, smile, be welcoming and open.
EXACTLY! "Disabilities are just differences."
 But that's what I do for everyone...

INCLUSIVE SPORTS AND RECREATION FOR PEOPLE WITH DISABILITIES MEANS...

- Increased opportunities to use the skills you were trained for.
- Learning and skills development for your whole team and facility.
- Achievement of personal goals, to make a genuine difference to someone's quality of life.
- Improved physical and mental health, and social connections for all.
- When community members are enabled to reach their potential... **EVERYONE WINS!**

RECREATION INTEGRATION VICTORIA
 Facilitating active lifestyles for people with disabilities

FOR MORE INFORMATION AND RESOURCES VISIT WWW.RIVONLINE.ORG/INCLUSION

How to talk to your children about disabilities

Use matter of fact language

Explain adaptive equipment

Point out similarities

Learn about disabilities together

Teach kindness & sensitivity

Tell your child to ask before helping

RESOURCES

TIPS FOR PARENTS/GUARDIANS:

- [How to talk to kids about disabilities](#)
- [A Day in Our Shoes](#)
- [Self Care for Parents of Special Needs](#)

CHAPARRAL SCHOOL COUNSELOR

Kristin Vizcaino, M.A., P.P.S



- ✉ klvizcaino@capousd.org
- 🌐 [Counselor's Corner](#)
- 📅 Schedule: W-F 7:30-3:00
- 📞 (949) 234-5349

EL RINCÓN DEL CONSEJERO

ESCUELA PRIMARIA CHAPARRAL MARZO 2024

ACTIVIDADES DEL CONSEJERO

MARZO LECCIONES EN EL SALON:

- TK/K: Resolver problemas
- 1º: Calmar la ira
- 2do: Control de las Emociones
- 3º: Resolver Problemas
- 4to: Asumir responsabilidad
- 5.º: Lidiar con los chismes



Chiara, es una perra para terapia, y su adiestradora Nancy, visitan Chaparral una vez al mes para brindar apoyo de relajacion a los estudiantes. A los campeones les encanta visitar a Chiara. ¡Pueden acariciarla, cepillarle el pelo e incluso ponerle un moño! ¡Nos encanta cuando nos visitan!



LO MÁS DESTACADO DEL MES: CONCIENTIZACIÓN SOBRE LA DISCAPACIDAD

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Cómo hablar con tus hijos sobre las discapacidades

Utilice un lenguaje práctico

Explicar sobre los equipos de adaptacion.

Señalar similitudes

Aprendamos juntos sobre las discapacidades

Enseñar bondad y sensibilidad.

Dígale a su hijo que pregunte antes de ayudar

RECURSOS

CONSEJOS PARA PADRES/TUTORES:

- [Cómo hablar con los niños sobre las discapacidades](#)
- [Un día en nuestros zapatos](#)
- [Autocuidado para padres con hijos con necesidades especiales](#)

CONSEJERO ESCOLAR DE CHAPARRAL

Kristin Vizcaino, MA, PPS



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