



# COUNSELOR'S CORNER

MARCH 2022

Fort Belvoir Primary & Upper Schools



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### Virtual Parent Coffee



### THE ZONES OF REGULATION™

*an overview for parents*



**FRIDAY, MARCH 18, 2022 AT 9:30AM**

### KINDNESS WEEK

March 14-18

#### MONDAY

United We Stand for Kindness:

**Wear Red, white and blue.**



Dress like it is your job to be kind  
**Wear the clothes of your future career.**

#### WEDNESDAY

Workout Your Problems with Kindness: **Wear workout clothes.**



Dream of Kindness:  
**Wear your pajamas.**

#### FRIDAY

Show your Dolphin Pride:  
**Wear silver and blue or PTO Spirit Shirt.**



### Parent Tip



Simple Steps To Teach Kindness

**Speak with respect**

**Listen carefully**

**Help others**

**Gratitude journal**

**Ask nicely**

**Model kindness**

**Apologize with grace**

### CLASSROOM LESSONS

Students will be introduced to the concept of kindness through books with themes of kindness.

### VIRTUAL PARENT COFFEE

**FRI. MARCH 18TH - 9:30AM**

Join us for an overview of the Zones of Regulation. We will share strategies families can use to help identify, manage and regulate emotions. The link to join this event is coming soon.

### COUNSELING STAFF

Teresa Chapman - Primary  
TAChapter@fcps.edu

Reon Brogan - Primary  
RJBrogan@fcps.edu

Boubacar Balde - Upper  
BBalde@fcps.edu

Maggie Maldonado - Upper  
MLMaldonado@fcps.edu

*In a world where you can be anything, be kind.*

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