



News from the Knoll

12 Tips to Reduce Stress and Anxiety

Amy Przeworski, Ph.D.

Anxiety symptoms are common in children, with 10-20% of school-aged children experiencing anxiety symptoms. So how can you help reduce your child's stress and anxiety. 1) Encourage your child to face his/her fears, not run away from them. A child will realize that anxiety reduces naturally on its own over time. 2) Tell your child that it is okay to be imperfect. 3) Focus on the positives. Many times anxious and stressed children can get lost in negative thoughts and self-criticism. Focusing on their positive attributes is important. 4) Schedule relaxing activities. Children need time to relax and be

kids. 5) Model approach behavior, self-care, and positive thinking. If you face your own fears, so will your child. Children learn behaviors from watching their parents. 6) Reward your child's brave behaviors. 7) Encourage a good sleep routine. 8) Encourage your child to express his/her anxiety. If your child says that he or she is worried or scared don't say "No you're not!" or "You're fine." Instead, validate your child's experience by saying things like "You seem scared. What are you worried about?" 9) Help your child to problem solve. Identify possible solutions to problems with your child.

10) Stay calm. Children look to their parents to determine how to react to situations. 11) Practice relaxation techniques with your child. Counting to 10 and breathing exercises. 12) Never give up!



Honesty is the Best Policy

Cassie Moon, 4th Grader

Thomas Jefferson said, "Honesty is the first chapter in the book of wisdom." How true! You should always tell the truth because if you lie the truth will come back to hurt you. Whoever you lied to will lose trust in you. You should always tell the truth

to your parents, teacher, and other adults. If you lie, the truth will come back and you will find yourself in more trouble for lying than if you had just first told the truth. Honesty means truthfulness and sincerity. One more thing.....BE HONEST!



Upcoming Events

Beginning of 2nd Six Weeks	10/5
Student Holiday	10/12
Boosterthon Pep Rally	10/26
Red Ribbon Week	10/26 - 10/30
Book Character Friday	10/30

Special points of interest:

- 12 Steps to Reduce Anxiety
- Honesty
- HAC Access
- Emotional Regulation

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day...Each hour

<http://sk.csisd.org>

CSISD *Home* ACCESS CENTER

If you are interested in accessing your child's grades throughout the six weeks, you may want to learn about the Home Access Center (HAC). HAC can be accessed on any computer or smart device. This is a great way to stay on top of a student's assignments, attendance, and other important information.

To access the HAC login page or to set up a new HAC account visit: <https://hac.csisd.org/homeaccess>

**Guidance Lesson:
Emotional Regulation
Lynette Morrison**



The guidance lesson for this month was emotional regulation using the characters from the movie Inside Out. In the classroom, your student was taught a social skills lesson about driving their brain using the analogy of the Inside Out characters driving a car. The characters are Anger, Sadness, Disgust, Fear, and Joy. We discussed how each character would drive the car from their emotional perspective. We then discussed how the car is like our brains and how we can sometimes be overwhelmed with certain emotions and make choices that are not the best. The students enjoyed this lesson and will hopefully apply the knowledge of how we can regulate these emotions to the school and home setting.

Happy Fall!!

