

May 26, 2020

HCS Social Emotional Newsletter- Making Good Choices

WHAT IS RESPONSIBILITY?

Hi Highland Students & Families,

This week we will be focusing on what it means to be responsible and make good choices.

Being responsible means, you do the things you are expected to do and accept the consequences of your actions.

For example, your parents may expect you to make your bed each day and keep your room clean, but if you don't do those things, you may have to face a consequence - like not being able to watch your favorite show!

Part of being responsible is making good choices. Sometimes it can be hard to know what choice to make when you're faced with tricky situations at school or at home. For some help with this, read the decision-making tips on the next page.

Hope you enjoy!

Ms. Alexis, School Social Worker



Are you having difficulty meeting basic needs at this time?

Please reach out to me directly at akramschuster@hcsmlake.org or at 414-376-0655 for local resources and assistance.

DIFFERENT KINDS OF RESPONSIBILITY

Developing effective routines at home can be challenging as we balance work schedules, online schooling, technology, and more. Reinforcing personal responsibility to your kids during this time can be helpful to your entire household. Depending on the age of your child(ren), you may need to have a conversation about what responsibility is.

Responsibility at Home

Talk with your children about what responsibilities at home look like. What chores are expected? What is their daily routine that they are responsible for?

Responsibility at School

Even though we aren't at school physically right now, we should keep our school responsibilities in mind. Our school responsibilities are probably combined with our home responsibilities right now. You're completing lessons and may be taking care of a device borrowed from HCS, for example.

Responsibility to the Environment

Earth Day was last month, on April 22nd, but we should always be responsible and treat our planet with respect. It is our responsibility to keep our planet clean by throwing away trash and recycling when we can.

Digital Responsibility

Given that the majority of our schoolwork is now done online, we need to be very responsible when using the internet and other things, like Zoom, to connect with our teachers and friends. Enforce the same rules of respect on video calls and remind your children to use the internet safely!



Books about Responsibility

[What If Everybody Did That?](#) By Ellen Javernick
-What did the boy in the book learn about his actions?
-Did his actions have consequences?

[Children Make Terrible Pets](#) by Peter Brown
-Why does Lucy want a pet?
-What responsible decision does she make at the end of the story?

Making Decisions & Using Self-Control

Every day we make hundreds of choices. I know that may seem like a lot, but everything we do is a choice. You're choosing to read this right now and learn about decision-making- that's a choice. I am choosing to write about decision-making.

It's all up to us, from small choices like the ones we do not even realize we are making, and big choices like ones that could get us in trouble or keep us safe.

In order to make good choices, we first have to be more aware of when we are about to make a choice, instead of just acting without thinking. Use this guide to help you practice more self-control when making choices:

STOP

Before you do anything, stop yourself. This is self-control!

THINK

Think about what you are about to do and what will happen if you do it. Think about other choices you could make instead.

CHOOSE

Choose an action that will most likely get a good or positive outcome

Self-Regulation

When we are regulated, we can make better, more responsible choices that are safe for us and everyone around. But what does it mean to be regulated?

Blue	Green
	
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn
Yellow	Red
	
Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Self-regulation is when you can tell how you are feeling and can decide what you need to do to feel better.

Look at the chart above with characters from Inside Out. When you are in the Green Zone, like Joy, you're ready to make good choices!

But if you're in the Yellow or Red Zone, you are not ready and you may need to find something that will help you feel better, like:

- Taking deep breaths
- Taking a break away from people, or
- Doing something relaxing like using a fidget, reading a book, or practicing mindfulness.

Do the right thing, even when no one is looking.