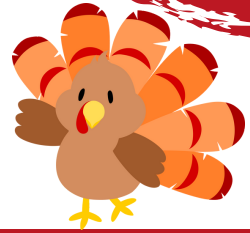




November
2025

Together We Grow

Peyton Larsen, MS, LPC



This Month at KES

This month's Sources of Strength:

Grades K-2: Students will continue to explore their strengths and how they connect to others. They will explore connection and belonging.

Grade 3: Students will explore how to grow balanced BrainTrees and what it looks like when our BrainTree is unbalanced. They will learn that we have to take care of our basic needs at the roots of our BrainTree (food, water, safety, etc.) before we can take care of our emotions (Trunk). We also have to take care of our emotions before we can fully access our "thinking" brain to learn, make good decisions, etc (Leaves and branches).

Grades 4-5: Students will start to explore emotional regulation. How to handle their big emotions when they happen.

Connection Point

Have you noticed your child doing something kind or helpful? Saying it out loud helps them see it, too. You might say, "I saw you hold the door open for your sister," "You were really patient when I was on the phone," or "I noticed you gave your friend a turn without being asked." These everyday moments might feel small, but noticing and naming them helps your child build a habit of kindness and see themselves as someone who cares for others.

@The Responsive Counselor

Guiding Words

For Caregivers: I choose to notice and name the good I see in myself and my child.

For Students: I feel proud when someone sees the kind things I do.

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LET'S CONNECT!

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