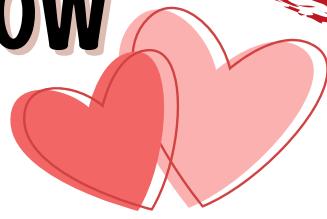




February  
2026

# Together We Grow

Peyton Larsen, MS, LPC



## This Month at KES

This month's Sources of Strength:

**Grades K-2:** Students will continue to practice different strategies for managing big emotions (regulation).

**Grade 3:** Students will learn how to use regulation in navigating conflict.

**Grade 4:** Students will discuss what makes a positive friend and will also learn about perspective taking during conflicts.

**Grade 5:** Students will learn to navigate conflict through helpful conversations.



## Connection Point

Children thrive when they understand what they can and cannot control. Talk about things they can change, like effort, words, and actions, and things they cannot, like the weather or others' choices. At home, you might explain that they can change the channel with a remote but not the show. When problems come up, guide them to focus on what they can control. This reduces frustration, builds problem-solving skills, and encourages empowerment.

@The Responsive Counselor

## Guiding Words

**For Caregivers:** The way I speak to myself and my child helps build their inner voice.

**For Students:** I am learning, growing, and getting stronger every day.

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## LET'S CONNECT!

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