



March
2026

Together We Grow

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This Month at KES

This month's Sources of Strength:

Kinder: Students will continue exploring how to regulate their emotions with others.

Grades 1-2: Students will explore how their words and actions impact others around them.

Grade 3: Students will discuss how and who to reach out to for help when they need it for themselves or others.

Grade 4: Students will learn about mentors, people that support them and teach them new things. They will also explore different practices or activities that bring them strength.

Grade 5: Students will talk about and practice generosity and thankfulness.



Connection Point

Empathy means taking a walk in someone else's shoes and imagining how someone else might feel. Encourage your child to pause and think, "If that happened to me, how would I feel?" This helps them notice clues like facial expressions, tone of voice, and body language. When they understand those feelings, they can respond in caring ways, like offering a kind word, listening, or helping. These moments strengthen connections and build understanding.

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Guiding Words

For Caregivers: I can help my child practice noticing and understanding others' feelings.

For Students: I use empathy to treat others the way I want to be treated.

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LET'S CONNECT!

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