



# KGA'S COUNSELOR CONNECTION

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## Mrs. DeSantis' Traditions

This time of year families have many different traditions. The best thing about traditions is that they bring families together either to share a memory or make a memory. My family has stopped buying presents and decided to change our tradition to going on an adventures together. Last year we went to Bali and this year we are going to Montana. The point is we are spending time together. I have a list of games that cut back on the technology and might create a new tradition for your family. Enjoy the winter break.

### IS it bullying?

When someone say or does something unintentionally hurtful and they do it once, that's **RUDE**.

When someone says or does something Intentionally hurtful and they do it once, that's **MEAN**.

When someone says or does something intentionally hurtful and they keep doing it- even when you tell them to stop or show them that you're upset-- that's **BULLYING**.

## 10 Games to Improve Executive Functions Skills Functioning

1. Heads UP (self-control, metacognition)  
Download the app. Lots of fun
2. Scrabble (planning, organization )  
Hopefully you can find all the pieces
3. Pictionary (flexibility, time management)  
Creativity in a hurry
4. Distraction (working memory, attention)  
Work on remembering numbers while others distract
5. 5 Second Rule (time management, task initiation) Name three things that fit in a topic, might start with 10 seconds
6. Freeze (self control, attention)  
Just like we remember dance to silly music and then freeze
7. Jenga (self-control, flexibility, planning)
8. Brainteasers (perseverance, flexibility)
9. Chess (planning, flexibility, working memory)
10. Sudoku (perseverance, working memory)

**KINDNESS IS TEACHABLE** "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help." Dr. Ritchie Davidson, University of Wisconsin