

Carl's Counseling Corner: November 2021

Upcoming Events:

Food Drive starting November 8, 2021- November 19, 2021: We need your help! Every November, we try to give back to our community by hosting a food drive. If you are able, NMES will be sponsoring Bootsie: Men, Women and Children's Foundation. Check out their website here:

<https://www.bootsiemwc.org/>

We are asking for the following donations to fill holiday baskets for families in need:

- Instant Mashed Potatoes
- Corn Bread Mix
- Macaroni and Cheese
- Pumpkin Pie Filling
- Canned Green Beans and Canned Corn
- Yams
- Bag of Marshmallows
- Cranberry Sauce
- Stuffing Mix
- Brown Sugar

November Days to Recognize:

November 11, 2021: **Veteran's Day**: Thank you to all of our veterans in all military branches! Everyday we salute our veterans for the sacrifices made for our nation. Thank you!

November 13, 2021: **World Kindness Day**: Celebrate by doing something kind for someone. Encourage your children to help a neighbor or rake someone's leaves (with permission)

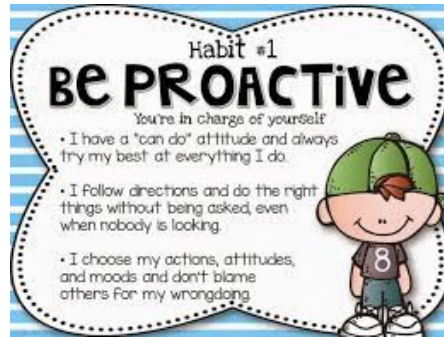
Raising Grateful Children

November is the perfect time each year to consider the things in life we are thankful for. But what are some ways we can teach our children to be grateful all year long? Here are some ideas:

1. Model gratefulness. When you talk about the things you're thankful for, your children hear that and learn that appreciation is important.
2. Help your children write or draw thank you cards.

3. Ask your child to tell you something they're grateful for each day.
4. Practice saying "no." It can be difficult to feel grateful for things when all the things requested are granted.
5. Find ways to help others, even if it's something simple.

Habits of a Good Leader: There are 7 habits of being a good leader.



Habit One: Be Proactive means being in charge of one's self.

Students who are proactive:

- Develop motivation and take pride in their work
- Show responsibility towards themselves and others
- Use their own talents and strengths to the best of their abilities
- Think about their choices and own up to their choices, while also being aware of others.

This THINK chart may help many of your learners apply the first habit, to be proactive.

