

Pastoral Care News

A snapshot of what was discussed in Joey's Morning Meeting this week:

Let Them / Let Me



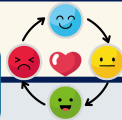
Let Them Leave You Out — Let Me Find Someone Kind.

Message: If someone doesn't include you, it doesn't mean something's wrong with you. Let them — and go find someone kind who does include others.

Example: A group won't let you join their game, so you look for someone else to play with or start a new game yourself.

Reflection: What could you do if someone left you out at recess?

Self-Regulation



Your Brain Has a Brake

Message: Just like a bike has brakes to help it stop or slow down, your brain has brakes too. Using them helps you stop, think, and make good choices before acting.

Example: When someone cuts in line, instead of shouting, you use your brain brake to stop, breathe, and speak calmly.

Reflection: What does it feel like when you need to use your brain brake? Can you think of a time you used it?

Body Positivity



All bodies are good bodies

Bodies come in different shapes, sizes, colours, and abilities — and that's what makes the world interesting and beautiful.

What makes your body unique?