



An Elementary School Counseling Demonstration Lesson "How To Be A Better Bucket Filler? Use Your Lid!"

MILLER ELEMENTARY SCHOOL 4343 SHIELDS ST.
SAN DIEGO, CA 92124 (858) 496-8319

Tuesday, March 6, 2018

10:00AM - 11:30AM

Please RSVP by February 27th to Clara Cho-Hayashigawa

at ccho@sandi.net

Refreshments will be provided.

Multi-Tiered System of Support (MTSS)

Positive Behavioral Interventions and Supports (PBIS)

A Second Grade Class Second Step Lesson to Promote a Positive School Climate

Students will learn to...

- recognize how strong feelings affect their brain and body
- calm down by using the Calming-Down Steps:
Stop, Name Your Feelings, Calm Down
- manage strong emotions by using breathing, positive self-talk,
and assertive communication

