

Counselor's Corner – Helping Kids Get Organized

You might ask, why is the Counselor so concerned with getting organized? Simply put, disorganization and disorder contribute to a host of unnecessary family stressors, such as lack of planning, inability to find needed items or complete tasks, and poor time-management.

Children perform to their potential when they reside in a structured, safe environment. Teaching them organizational skills is particularly timely as the holidays tend to be busy and children will be likely receiving gifts needing new homes. To start, consider asking everyone in the family to give up at least one toy or belonging that can be donated to charity. Then use some of the following techniques for dealing with the remaining items:

- Get things off the floor: you can use clotheslines on the wall for hanging art, hammocks for stuffed animals, shelves for treasured items. If you have a closet in which you can see wall space, you have usable storage space. Try shelves or hanging bags to utilize it.
- Develop zones: Have a designated space for different activities, such as school work, crafts, games. Try to use areas of the home that aren't often used, such as a formal living room as a family game room, to make every space functional.
- Find a home for everything: Items that don't have their own space will float around the house until they find one. Using containers, such as baskets for the stack of papers that always ends up on the dining room or kitchen counter, at least cuts down on the appearance of chaos, a simple solution that can help you feel calmer.

The next Lunch Bunch will be Dec. 17. for K-3, and Dec. 18 for 4th – 8th grades. Lunch Bunch is an opportunity for students to meet with the Counselor in small groups to learn and reinforce positive social skills related to the virtue of the month. Please register your child by calling the School Office, because space is limited. Remember to have your child bring lunch that day if they will be attending. Thank you!