

8 KEYS OF EXCELLENCE MONTHLY EMPHASIS

EACH MONTH WE HAVE BEEN FOCUSING ON ONE OF THE 8 KEYS OF EXCELLENCE. HERE IS A LIST OF THE KEYS WE WILL BE FOCUSING ON FOR THE NEXT FEW MONTHS.

FEBRUARY:

OWNERSHIP

MARCH:

INTEGRITY

APRIL:

FAILURE LEADS TO
SUCCESS

MAY:

FLEXIBILITY

IMPORTANT UPCOMING DATES

Block 2/11 &
Schedule 2/12

School 2/16
Holiday

Block 2/18 &
Schedule 2/19

5th Read- 3/03
ing TAKS

Block 3/11 &
Schedule 3/12

Angry Adolescents

Adolescence is a period of time when young people start to challenge authority and strive for independence. Even the best behaved ten-year-old can become an obnoxious, defiant, back-talking, disrespectful fifteen year-old. How parents and teachers address the changes is crucial. It is important to remain calm, not over react, stick to their values, be consistent, continue to love unconditionally, and have tough skin because ado-

lescents can be rude and hurtful.



In his book, *Unhappy Teenagers*, Dr. William Glasser suggests numerous do's and don'ts for parents when dealing with their teens. His "Seven

Deadly Sins" must be avoided; they won't help in changing teen's behaviors. They include: criticizing, blaming, complaining, nagging, threatening, punishing, and rewarding to control. Glasser encourages adults to use his "Seven Connecting Habits" instead: caring, trusting, listening, supporting, negotiating, befriending, and encouraging.

15 Quick Anger Busters

1. **Count colors.** Instead of counting to ten, try counting colors. See if you can find at least twelve different colors.
2. **Growl.** Find somewhere to be alone. Growl like a bear. Make it a long, loud growl.
3. **Have a piece of gum.** Always keep sugarless gum handy and chew away your anger.
4. **Thought stopping.** When you start to get angry, yell at yourself, "Stop!".
5. **Go west by sailing east.** When you are angry at someone, don't take the most direct route towards him. Take the long way. Walk around the block, go to your room and back, or go to the restroom for a cool down, then approach him.



Guidance & Counseling

Embrace each child for their unique qualities.

Encourage learning through experience.

To Empower for excellence in every area of life.

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Parents must avoid the Four Cardinal Sins when dealing with their adolescent:

1. *Nagging*
2. *Spontaneous discussions about problems*
3. *Insight transplants (lectures)*
4. *Arguing*

-Thomas Phelan, Surviving Your Adolescents



Recommended Resources

-141 Creative Strategies for Reaching Adolescents with Anger Problems

-Chill Out Bag...The Anger Rx



<http://www.wallerisd.net/schultz/sms/Guidance%20and%20Counseling.htm>

Anger Busters (continued)

6. **Chant a personal mantra.** Repeat a favorite saying several times. For instance, "Tomorrow will be a better day," or "I know I'm a good person."
7. **Create a therapeutic ritual.** When you are stressed and anger is on the way, use a ritual such as pulling on your right ear three times, open and close your fist five times, or whistle a tune.
8. **Make a vow of silence.** Promise yourself to be quiet until the anger passes.
9. **Forgive others.** When you forgive others for their mistakes, you eventually feel better.
10. **Write in your Gratitude Journal.** When things aren't going well, write something positive in a journal. Think of things for which you are grateful.
11. **Look in the mirror.** You will not like the looks of your "angry face."
12. **Are you 100% sure?** Always ask yourself this question before reacting.
13. **Try "tube breathing."** Make a tube shape with your tongue, breathe deeply through mouth, hold for five seconds, and exhale through nose. Do this three times.
14. **Where's that photo?** Keep a photo of someone you love and respect, such as a grandparent. When you are upset, look at the photo and ask "What would he/she want me to do?"
15. **Pressure point.** Take your thumb and middle finger and squeeze together tightly for five to ten seconds. Do this before saying or doing anything else.

