



Together We Grow



December
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This Month at KES

This month's Sources of Strength:

Grades K-2: Students will start learning about their brains with the Brain Tree.

Grade 3: Students will start to understand and normalize sensations, emotions and thoughts.

Grades 4-5: Students will learn to identify helpers in their life, help others when they notice a need, and find help for others if they cannot provide help themselves.

Connection Point

Help your child build a growth mindset with a simple routine. When you hear "I can't," pause and prompt, "Add yet." Practice the full sentence together: "I can't do this yet." Explain that yet means we are still learning. Ask, "What is one small step you can try?" Invite them to choose and try for three minutes. Afterward, reflect: "What worked? What will you try next?" Praise effort and strategy. "You kept going and tried a new way," so yet becomes a habit.

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Guiding Words

For Caregivers: I can model how to face challenges with calm, curiosity, and courage.

For Students: I can keep trying even when something feels tricky.

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LET'S CONNECT!

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