



Together We Grow

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April
2026



This Month at KES

This month's Sources of Strength:

Kinder: Students will discuss noticing when someone is hurt and how they can be a helper.

Grade 1: Students will learn about how powerful their voices are and using them to be helpful.

Grade 2: Students will explore how to navigate conflict in healthy ways.

Grades 3 & 4: Students will explore ways to care for their physical and mental health daily and in moments of need.

Grade 5: Students will explore how to navigate transitions/changes, whether they are big (like going to middle school) or small (like going from recess to class).

Connection Point

Does your child love screen time? That's totally normal! While screens can be fun and educational, too much can crowd out other activities. Set a daily limit and use a timer so everyone knows when it's time to switch. Offer quick alternatives like a walk, board game, or craft. Give a 5-minute warning before turning it off, then join your child in their next activity to ease the transition. Create screen-free routines, like during meals or before bed, to help kids find balance.

@The Responsive Counselor

Guiding Words

For Caregivers: I can guide screen time choices that support my child's well-being.

For Students: I can make choices that help my brain and body.

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LET'S CONNECT!

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