



Together We Grow

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This Month at KES

This month's Sources of Strength:

All grade levels will be doing one final celebration lesson to reflect on everything we have covered during the year!

Important FYI

Well, another school year is coming to an end and I am so grateful to have had the opportunity to support your students here at school. I feel fortunate to work with such a wonderful group of students and parents! Thank you all for signing up to receive my monthly newsletter. Sadly, this will be my last newsletter as it is my last year here at KES. If you have any questions or concerns about this transition please let me know. Thank you all again for your support!

Have a great summer!

Connection Point

Stress can feel overwhelming, but kids can learn to handle it with your support. Keep routines steady, offer quiet time after school, and use tools like a fidget toy, breathing video, or coloring page to help them relax and reset. You might say, "Let's take a break together" or "Let's make a calm-down plan" during stressful moments. These simple strategies can help kids feel safe, supported, and better able to work through stress.

@The Responsive Counselor

Guiding Words

For Caregivers: I can notice signs of stress and guide my child through it.

For Students: I can notice when I feel stressed and use tools that help me feel better.

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LET'S CONNECT!

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