

## **4<sup>th</sup> and 5<sup>th</sup> grade Counseling News**

### **The Power of One**

**Hello! In the counseling special for December, students explored the meaning behind the words, “The Power of One.” We followed up on our previous month’s discussion on what to do if found in a teasing situation. This was further explored with the idea of being the “One” to make a positive difference in others’ lives. We read the book, One, by Kathryn Otoshi. This fantastic book reveals the simplicity, yet significance, of being the “One” to make a difference in another’s life. The book has a powerful message that led to great class discussions. After the discussions, the students were given an outline of the number one and encouraged to write different ways they can be the one to make a difference. Ideas included, inviting someone into a conversation or activity, taking care of the community, helping others, etc. Discuss as a family what you can do to be the “One” to make a difference!**

**If you have any questions about this lesson or the counseling program at Hillside, please feel free to reach to me!**

**Thank you,**

**Katie Dewey  
School Counselor  
[deweyk@fultonschools.org](mailto:deweyk@fultonschools.org)  
470-254-9515**

