

COUNSELLOR'S CORNER

RAK ACADEMY -FAMILY OF SCHOOLS -

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As 2019 nears its end, it is common for people to make **New Year's Resolutions!**

New Year's resolution is a tradition in which a person resolves to change an undesired trait or behaviour, to accomplish a personal goal or otherwise improve their life.

We can teach our children to start this routine too.

As your child works on achieving his/her resolution, he'll/she'll also be building important skills:

Self-reflection: "How do I want to improve this year?"

Self-advocacy: "What do I need to do to help me reach my goal?"

Self-awareness "Am I making progress toward my goal?"

Problem-solving and self-control: "What can I do to get back on track?"

Self-esteem: "How does achieving my goal make me feel?"

Making family-based New Year's Resolutions can be a fun way to introduce new routines and hobbies into your everyday family life. By setting realistic goals, you can teach your kids how to work towards things that they would like to achieve for themselves and how to commit to something that is important to them.

This New Year, I challenge you all to challenge yourselves and your families by reflecting on this past year and committing to a New Year's resolution.

What will your New Year's Resolution be?

Tips for Parents

Guidelines for sustainable New Year's Resolution:

- **Specific:** The resolution should include your child's goal, the skill he's/she's working on and how he'll/she'll achieve it
- **Measurable:** He/She should track his/her progress
- **Attainable:** The goal should be ambitious but realistic
- **Results-oriented:** The resolution should explain what he'll/she'll be able to do once he/she reaches his/her goal.
- **Time-bound:** Your child's resolution should specify a reasonable time frame and can include mini-goals along the way
- **Relevance:** Your child has to *want* to set and reach this goal

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November Flashback: Blue Ribbon Week!



Theme of the Month of
January:
"Kindness"

5th - 30th of January:
Random Acts of Kindness!



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