

Counselor

Mrs. Jones



Mindfulness Breathing



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Character Traits: What does this mean to you?

Courage: To Choose What is Good, Right, and Kind even when it is hard or scary.

School Pride: A feeling of strong connection to the school or being proud to represent the school and the values it stands for.

I Will Help You When:

1. You are sad.
2. You are angry.
3. You are scared.
4. You need help solving problems.
5. You need help making good choices.

What is happening in September?

- You will get to know the Counselor.
- You will complete a "Get to Know Me" student activity.
- You will complete a student assessment.
- You will learn about Courage and School Pride .

**SEL Quote: "YOU ARE BRAVER,
SMARTER, AND STRONGER THAN
YOU THINK YOU ARE"**