

August/September 2021

THE COUNSELOR'S CORNER

Welcome
Back!



We hope that everyone had a fun and relaxing summer break! Last year has brought about a lot of challenges for many. We are enjoying having you all back on campus and we look forward to a wonderful year. Here are a few tidbits for the month of September.

SEPTEMBER_SEL_THEME: Connecting & Self-Awareness

Self-Awareness includes knowing about your strengths, challenges, values, emotions, hopes, and dreams for the future. Do you know all of those things about yourself right now? Do you think your Self Awareness can change over time? Becoming self-aware isn't a one-time deal. As you get older, you will change and grow. It's important to always work to be aware of who you are, what matters to you, and what you want in life.

Click [here](#) for a video on self-awareness!

Click [here](#) for a read-aloud of Spoon by Amy Rosenthal and discuss after watching:

Each of us has unique qualities.

What makes you unique?

What are some of your strengths?

What are things you are still working on?



BACK TO SCHOOL ANXIETY

HOW TO HELP YOUR CHILD MANAGE WORRIES

[Click here](#) for tips from
Child Mind Institute



Read the manifesto together so that these empowering and positive statements get planted in your child's mind and replace their anxious thoughts.

MY BACK TO SCHOOL MANIFESTO

Things can be hard.
And I can do hard things.
I will always choose kindness.
I will be kind to myself, too.
It's okay if I'm not the best
at something. I will focus on
being my best self.
I will stay curious and ask
lots of questions.
And most importantly,
I will be myself, make good friends,
and have fun!



LET'S MAKE IT A GREAT YEAR!

