

Hello Families,

This month's counselor lesson was about positive thinking! Due to the remaining impacts of the pandemic on student's mental wellbeing, and our brain's wiring to focus on the negative, the goal was to teach students how to re-frame and challenge negative thoughts.

In these developmentally tailored lessons, students learned that the way we *think* about our circumstances can have an impact on how we feel. How we feel can influence our actions, and furthermore, our outcomes. Students learned that although we cannot always control our environment or circumstances, we *can* control how we choose to think about them!

Students brought home a worksheet with a parent letter explaining the lesson provided in their class, and ways to support at home with these concepts. You can find a copy of this worksheet by clicking on your child's grade level below:

- [Kindergarten](#)
- [1st Grade](#)
- [2nd Grade](#)
- [3rd Grade](#)
- [4th Grade](#)
- [5th Grade](#)

Please let me know if you have any questions, or would like additional resources.

Sincerely,

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