

# Mrs. Mac

## COUNSELING OFFICE MENU

### *Entrée-Guidance*

Counselor Intro  
Bullying Prevention  
Child Protection  
Future You  
Mindfulness  
Patriot Pride Character  
Personal Space  
Tattle vs. Report  
Healthy Choices  
Teacher Request

### *Small Plates Tier 2*

2 X 10\*  
Walk n Talk Check In\*  
Movement Breaks\*  
Office Visit  
Indv. or Group Lunch  
Behavior Consult  
Focus Tools\*  
Book Club- Lunch Group  
\*may be provided by staff

### *Staff Café*

T2 and T3 Intervention consult  
Morning Meeting Resources  
Guidance Requests  
SST Support  
Eval Referral Coordination  
Community Mental Health Info  
"Social Services" Support

### *À la Carte Tier 3*

Regular Walk n Talk  
Scheduled Movement Break  
Ongoing Coun. Office Visit  
1-2 Indiv or Small Group  
Behavior Plan Consult  
Emotional Regulation Support  
Parent Meeting  
Mental Health Provider Referral

### *Just Desserts*

Yoga  
Wellness Challenges  
Sommer State of Mind  
Good Vibes  
Staff Support

*Special Requests Welcome*