



COUNSELING

CORNER

WITH MRS. DUEÑAS

Month

DECEMBER

Word of the Month

BALANCE

Counteract, equal, or neutralize the weight or importance of.



Balancing school, friends, family, hobbies, and rest can be challenging. These breaks are great for kids to rest, recharge, and examine how well they are managing their daily life. Check in with your child to see if they are feeling overwhelmed from a lack of balance.

Community

[Click here for December San Diego Events!](#)



[CLICK HERE FOR HOLIDAY CRAFTS TO DO AT HOME](#)

Important Dates

Holiday Concert: 12/13
Christmas Break: 12/25-1/5

6 TIPS FOR TRANSITIONING BACK TO SCHOOL AFTER WINTER BREAK

- 1 Return to bed time routines - Take a tech break
- 2 Create a back to school countdown
- 3 Discuss the remainder of the year
- 4 Celebrate their first day or first week back
- 5 Prepare in advance - Organize supplies/backpack
- 6 Validate your child's feelings



Return to School

Kids may have mixed feelings about returning to school. They might be eager to see their friends and their teacher—or they might feel anxious and apprehensive about the situation. Both reactions are normal and valid. Encourage kids to voice their feelings and listen with patience.

