

from your  
Legend Springs



# Counselor

A note from Mrs. Wells



September 2023



**HELLO!**

**August was a month full of OPTIMISM!**

*\*In Kinder-1st we read the story "A Little Spot of Optimism" and how to practice thinking positively (turning lemons into lemonade)! Each student reflected on one positive thing they like about school.*

*\*In 2nd-3rd the students explored ways to flip flop their negative thoughts into positive "optimistic" thoughts to begin practicing "positive self-talk"*

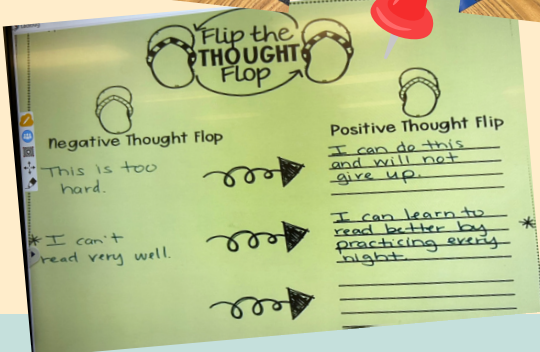
*\*In 4th-6th students worked together in small groups to interpret the idea behind different positive quotes. They were then given time to individually reflect on one positive thought they are going to believe about themselves that will help foster success this school year.*

*Ask your student to share their "Optimistic Thoughts and Goals" with you and talk about how they can find success in the power of positive thinking!*

*~Christy Wells*



FLIP FLOP  
YOUR WAY OF THINKING  
"THINK POSITIVELY"



## CONTACT ME

- ✓ Email: [christy.wells@dvusd.org](mailto:christy.wells@dvusd.org)
- ✓ Phone: (602) 376-4500
- ✓ Reach out using my **Parent Link** if you have specific concerns regarding your child and need to talk further.

Support the counseling department...

**Wishlist [HERE](#)**