



# COUNSELING CORNER

JANUARY

## January Newsletter from Mrs. Wild

### Expectation Reminders for Kids

1. **Clarity and Alignment:** They help ensure that everyone involved is clear about what is expected of them. This can be particularly useful in teams or collaborative settings where different people may have different assumptions about goals, deadlines, or responsibilities.
2. **Accountability:** Regular reminders help individuals stay accountable to their commitments and prevent tasks or responsibilities from being overlooked or forgotten.
3. **Reduced Stress and Anxiety:** When expectations are clear and regularly revisited, it reduces uncertainty and stress, allowing people to manage their time and resources more effectively.
4. **Improved Productivity:** By having a set reminder system, people can prioritize tasks and stay on track, ultimately increasing productivity and reducing procrastination.

### Individual Check In's

Grades 4-6th are able to request individual check in's with me

### Referrals

Please don't hesitate to reach out if you or your student need referrals for outside support.

### January Lesson Topics

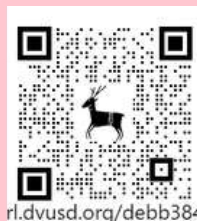
- Using a Safe Body (K)
- Kindness (1-3rd)
- Perseverance (4-6)

### Contact Information

- Email: [amanda.wild@dvusd.org](mailto:amanda.wild@dvusd.org)

### Support the Counseling Program

- <https://url.dvusd.org/debb3848>



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