

# COUNSELOR CORNER

February 2026

## Social and Emotional

### Mindful Seeing

Practicing mindful seeing allows us to slow down and focus our attention on our surroundings. We can use our natural curiosity about the world around us to sharpen our observation skills.

Mindful seeing can help us identify social cues and act perceptively to others. Be a 'Mindful Detective' and find something new in your environment!

## Really Great Books

*In the Snow. Who's Been Here?*  
by Lindsay Barrett George

*See, Hear, Feel*  
by Emmanuelle Giumelli

## Challenge!

Grab an object nearby. Set a timer for one minute and observe it. Is there anything there you didn't notice before?

## Activity at Home

Pour clear glue into  $\frac{1}{3}$  of a jar, add 1-2 tbsp of glitter, and then fill the rest with warm water. Secure the lid tightly. Shake the jar! Then notice how fast or slow the glitter settles.

Glitter Jar!!

