COUNSELOR CORNER

December 2025

Social and Emotional

Mindful Movement

Mindful movement teaches us that our brain and body are partners. If we pay attention to our body, it will give us signals that we can recognize and label. Is your heart racing? Maybe you are stressed or exercising.

We can build mindful movement skills by developing awareness of our physical sensations. One way to do this is through physical challenges! Try balancing on one foot, carrying something heavy, or sitting as still as you can for 2 minutes. What do you notice?

Really Great Books

Listening to My Body
by Gabi Garcia

Zen and Bodhi's Snowy Day
by Gina Bates Brown

Jenny's Winter Walk
by Giselle Shardlow

Activities at Home

- Go on a family winter walk! What do you notice?
- Grab a handful of snow. How long can you hold it before it's too cold?

December Helpful Tip

Feeling overwhelmed? Practice the 5 R's:

1. Recognize: become aware of your thoughts and feelings
2. Relax: relax your body
3. Review: briefly assess the situation
4. Respond: choose a helpful response
5. Return: gently bring your attention back to the present moment