

# Counselor's Connection

January and February 2026

The start of a new year is a great time to reflect and to look forward to things we would like to work on. At the UES, we have been focusing on self-awareness, emotional regulation, and kindness! Students have been participating in different activities, such as classroom lessons on the "Zones of Regulation" and taking Personality Quizzes to learn more about themselves. Check out the quiz below!

To Take the Quiz:

[knowandlove.com/quiz-landing](https://knowandlove.com/quiz-landing)

To Know About All the Personality Types:

<https://knowandlove.com/animals>

Random Acts of Kindness Week (RAOK) is 2/14-2/20. Our RAOK challenge for our students at the UES is to decorate coffee sleeves to help spread cheer around town! Check out some of the sleeves that we have already gotten! Don't forget to visit Bomber's Beyond or local Dunkins to get yours!

