

Sawgrass Elementary Counseling Newsletter

November 2026



Festive Fall Fun

The holiday season is upon us! These last two months before winter break are jam-packed with fun and exciting events (See Below!!) We also have quite a few days off to give our brains a much needed break during this busy season.

Mindfulness

With the holidays around the corner, now is a great time to take a few moments to list some positive things that we are thankful for. Creating a positivity journal is a wonderful way to create a growth mindset and keep kids active and engaged in the things they love most!



RESILIENCY ACTIVITIES



Links and Resources

- BCPS Mental Health Resources:
[Click Here!](#)
- SEL At Home:
[Click Here!](#)

Activities

Thankful Turkey

What you'll need:

- Paper Plate
- Colorful Paper
- Scissors
- Glue

Have your child write things they are thankful for on the feathers! Use colors, get creative with the turkey's face! A fun, positive activity to SEL- ebrate that which is important to us.