

Sawgrass Elementary Counseling Newsletter!

December 2024



Happy Holidays!



December is here! This month is filled to the brim with activities for the students to enjoy leading up to our holiday break!

Mindfulness

With the holidays approaching, it's a good time to focus on mindfulness. We want to focus on being present, spending time with loved ones, and taking care of ourselves over our two-week break. A great way to start the new year off refreshed and in a positive mindset!

Happy
HOLIDAYS



RESILIENCY ACTIVITIES

2025

— HAPPY NEW YEAR —

No Activities This Month!

This month, it's important to choose kindness, especially to ourselves. That means taking breaks, spending time with loved ones, and enjoying our holidays. See you in the new year!

