

# Sawgrass Elementary Counseling Newsletter!

January 2025



## Happy New Year!



Welcome back!  
January is a nice, calm  
return to school, with a  
focus on returning to  
routine and self-  
awareness.

## Why is Self-Awareness Important?

Self-Awareness allows us to:

- identify our own strengths
- Find areas we can improve in
- demonstrate honesty and integrity



# RESILIENCY ACTIVITIES

# 2025

— HAPPY NEW YEAR —

## Links and Resources

- ReThink Ed Parent Sign Up:  
[Click Here!](#)
- ReThink Ed Parent SEL Resources:  
[Click Here!](#)
- BCPS Mental Health Resources:  
[Click Here!](#)
- SEL At Home:  
[Click Here!](#)

## Activities



### Self-Awareness Activities for Kids



[www.thepathway2success.com](http://www.thepathway2success.com)  
Clipart by Kate Hadfield & Sarah Pecorino



Make a vision board



Write in a journal



Read positive affirmations



Research future careers



Do an emotions check-in



Make a gratitude list



Host a show-and-tell



Write self-compliments



Draw emojis for emotions



Introduce new activities

## ReThink Video Lessons

- K: It's a Feeling
- 1: You Are Special!
- 2: No One is You-er Than You
- 3: My Best Brain
- 4: My Values, My Choices
- 5: My Creative Strengths