



# Sawgrass Elementary Counseling Newsletter!

December 2023



## 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 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!

HAPPY  
HOLIDAYS



# RESILIENCY ACTIVITIES



## 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!

## 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!](#)

## ReThink Video Lessons

- K: Getting Along
- 1: I'm Sorry!
- 2: Let's Get Along
- 3: Calm the Conflict
- 4: The I-Message
- 5: ICE Rumors & Gossip

# SERVICES OFFERED BY SCHOOL COUNSELORS



## **Counseling Groups**

### **Student Success Skills**

A small group for 4th and 5th graders, helping students develop the academic, social, and self-management skills they need to succeed

### **Changing Families**

A small group for students of all ages, helping students cope with family changes such as divorce, new family members, and any other significant changes.

### **Book Club**

A small group for students K-2, each book discusses positive character traits and helps students learn and discuss their feelings and ways to express themselves appropriately.

### **And more!**

We also run groups for students to manage anxiety, stress, depression, and more.

**Individual Counseling**  
Counseling can last between 8 to 10 weeks, with a focus on short-term problem-solving, behavior management, and resiliency skills!

Areas of focus include: social skills, academic support, mental well-being, and emotional support!