

Sawgrass Elementary Counseling Newsletter!

March 2024

Spring Break!

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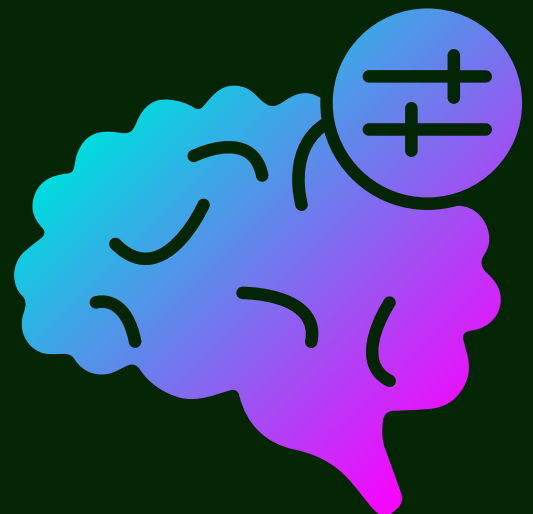


The students at Sawgrass Elementary have been working incredibly hard since winter break! The last day of school is 3/21, an early release, and we return 4/1. Take this time to relax, have fun, and give your brains a much needed break!

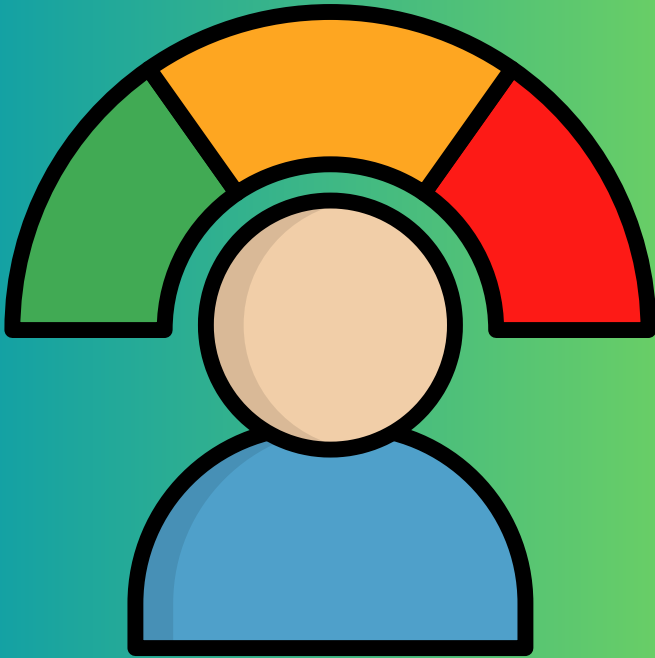
March Theme: Self- Management / Self-Control

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Sometimes when stress and strong emotions pop up, it can be hard to deal with them. By increasing self-management skills, students can help themselves to succeed!



AT-HOME ACTIVITIES



Emotion Check-In

Provide time each day (or even a couple times a day) for students to check-in with their feelings. At the end of the week, encourage students to share their journals with a trusted adult!



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: Breathe In, Breathe Out
1st: Wait for it!
2nd: Take 5!
3rd: Keep Calm!
4th: Freeze!
5th: Stop, Think, Decide