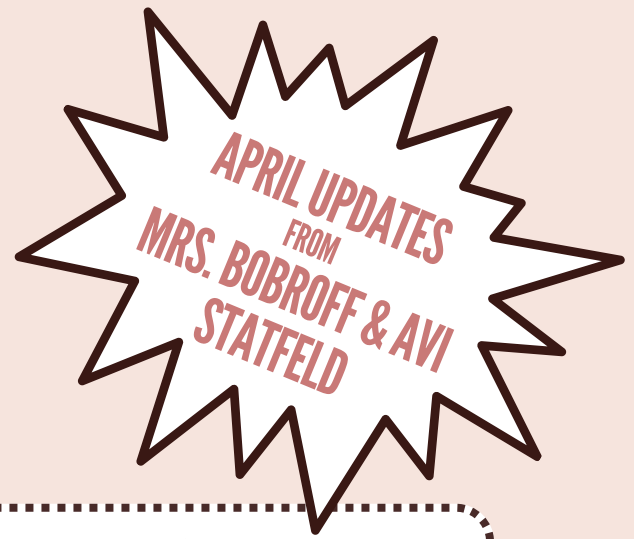




COUNSELOR'S CORNER



NURSERY

We are learning about waiting and building our patience—even when it's super hard to do!

KINDERGARTEN

We are learning how to handle big feelings like anger and worry, and practicing breathing techniques to help our bodies and minds feel calm.

1ST GRADE

We are practicing patience and building friendship skills by learning to be active, attentive listeners.

2ND GRADE

We are learning to manage our feelings and discovering how showing compassion for others helps build strong friendships.

3RD GRADE

We are delving deeper into managing our emotions, with a focus on coping with disappointment and anger.

4TH GRADE

We are exploring how being an upstander can positively impact friendships and contribute to a strong classroom community.

5TH GRADE

We are strengthening our teamwork skills, practicing effective communication, and learning how to handle put-downs.

6TH GRADE

Through the Middle School Anxiety Prevention Program (MAPP), we are preparing students for a smooth transition to middle school by building skills in managing emotions, navigating transitions, and adapting to new experiences.