

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
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