

Sawgrass Elementary Counseling Newsletter!

March 2024

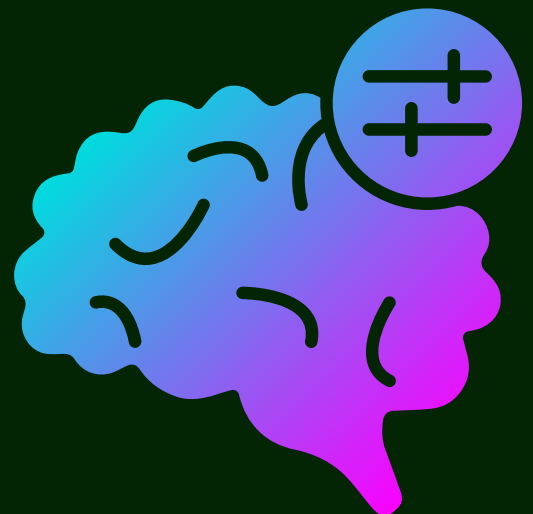
Spring Break!



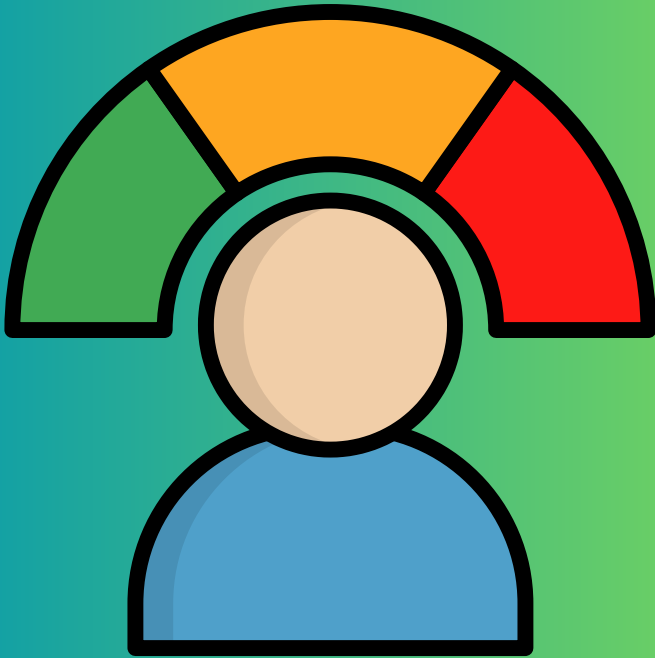
The students at Sawgrass Elementary have been working incredibly hard since winter break! Spring Break starts 3/21/ and we return 4/1. Take this time to relax, have fun, and give your brains a much needed break!

March Theme: Self- Management / Self-Control

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



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!](#)

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!



ReThink Video Lessons

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