

Counselor's CORNER

FEBRUARY 2022



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. -Helen Keller

Grades K,1,2,3 What are we focusing on?

- Diversity/Accepting Differences- What makes each of us unique?
- Self Esteem-Building confidence and believing in ourselves
- Growth Mindset- Let's take on new challenges and learn from our mistakes!
- Goal Setting
- Career Exploration
- Personal Safety
- Every lesson begins with a mindfulness exercise, Ask your child to share what they have learned!

Yoga Links

- ☐ <https://youtu.be/8p0ztXGN9zE?t=5>
- ☐ <https://youtu.be/AvWN1583RIQ>
- ☐ <https://youtu.be/QM8NjfCfOg0>
- ☐ <https://youtu.be/xlg052EKMtk>

Mindfulness at Home

"Families that flow together grow together!"

Try family yoga! Through group and partner yoga poses, relatives learn how to support one another both physically and emotionally. As a result, trust is built and bonds between parents, children, and siblings are deepened. Check out the Yoga links posted for some family fun!

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In North
Merrick,
we lead
with

LOVE
EMPATHY
AWARENESS
DIGNITY