



November  
Edition

# Counselor Corner

## News

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SCAN ME



For parent resources: Scan the QR above, and it will direct you to our Counselor's Corner on the E.C. Brice website.



### November Guidance Curriculum

Minfulness  
Thankfulness

Check out our Unity Day  
video by scanning the QR  
code below.



## Our Monthly Kindness Award Goes to:



Pictured from left to right: Maliya Edney, Jimena Barahona, Ambriya Hoskins

Not Pictured: Kaylee Mendoza, Erik Sanchez, Zamarion Lee, Anthony Tejada, Aubree Williams, Jacelynn Alvarado



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## Being Mindful

Being mindful means paying attention to the here and now – the present moment. It's like discovering a superpower that helps you be happier, calmer, and more focused. So, let's unlock the secrets of mindfulness and learn some cool tips to get started!

### Why Mindfulness is Awesome



- 1. Happiness Boost:** When you're mindful, you appreciate the small, wonderful things in life, like a beautiful flower or a friendly smile. This makes you feel happier.
- 2. Stress Relief:** Mindfulness is like a superhero shield against stress. It helps you stay calm in challenging situations and not let stress take over.
- 3. Better Focus:** Mindfulness makes your concentration super strong. It helps you pay attention in class and enjoy your activities more.

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## Tips for being Mindful

*breath*

**1. Breathe Deep:** Your breath is like your mindfulness superhero cape. Take deep breaths in and out, paying attention to the sensation of your breath. It helps you feel relaxed.



**2. Listen Carefully:** When someone is talking to you or you're in nature, really listen. Tune in to the sounds around you. It's like a treasure hunt for cool sounds!



**3. Use Your Senses:** Your senses are your mindfulness tools. Touch different textures, smell the flowers, and notice the colors around you. It's like a sensory adventure!



**4. Focus on Your Feelings:** Sometimes, we have big feelings. When you're sad, happy, or angry, take a moment to feel the emotion without judgment. It's okay to have feelings.



Remember, mindfulness is like a secret treasure map to a happier, more peaceful life. You have the power to be mindful every day, and it's a lot of fun too! So, put on your mindfulness capes and let's explore the wonderful world of the present moment.



Stay curious, stay mindful, and keep being your incredible selves!

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## Championing Good Choices

**Speaker: JaQuacy Minter**



One of Mount Pleasant Independent School District's own distinguished alumni, JaQuacy Minter, currently serving as the College Navigator at Northeast Texas Community College, made a special visit to E.C. Brice Elementary during Red Ribbon Week.

Minter, a shining example of MPISD's academic excellence, returned to his roots to impart essential life lessons to the eager young minds at E.C. Brice Elementary. The focus of his visit was to discuss Red Ribbon Week and the choices one makes.

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## The Ned Show



Exciting news at E.C. Brice Elementary as The Ned Show paid a visit during Red Ribbon Week! The students were in for a treat as they learned about the incredible power of having a positive mindset.

The show's main message was all about the "Power of Yet." What's that, you ask? Well, it's the belief that with hard work and determination, we can accomplish anything - even if we haven't mastered it 'yet.'

The Ned Show team encouraged everyone to be the best version of themselves and spread kindness and encouragement to others.

