



December Edition

# Counselor Corner

## News

jmoore@mpisd.net  
903-434-8775



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.



### December Guidance Curriculum

Continuation of Mindfulness

Empathy

### Angel Tree

We are still looking for sponsors for our Brice students and their siblings. If you would like to adopt an angel, please contact our CIS Coordinator, Jasmin Acuna at 903-575-2057



## Our Monthly Kindness Award Goes to:



Pictured from left to right: Camila Escamilla, Lucas Nino, Ariel Martinez

Not Pictured: Harvey Villeda, Amiyah Medeiros, Lisa Luong, Jackson Woodrow, Danielle Elliott, Jeremiah Mora



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## **WHAT IS EMPATHY?**

**Empathy is the ability to understand and share the feelings of others. It's all about putting yourself in someone else's shoes and feeling what they might be feeling. Whether they're happy, sad, excited, or worried, empathy helps us connect and support each other.**

## **WHY IS EMPATHY IMPORTANT?**

**Empathy helps create strong friendships, builds trust, and makes the world a better place. When we understand each other's feelings, we create a supportive and caring community where everyone feels valued.**

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### Ways to Show Empathy

**1. Listen:** When a friend or family member talks, give them your full attention. Listening carefully shows you care about their thoughts and feelings.

**2. Share Feelings:** Express your own feelings and experiences. By sharing, you can let others know they're not alone in their emotions.

**3. Offer Help:** Whether it's a kind word, a hug, or helping with a task, small acts of kindness show that you're there for someone.

**4. Be Understanding:** Everyone is different, and that's what makes us awesome! Being understanding and respecting differences is a big part of empathy.

**5. Ask Questions:** Sometimes, asking questions helps others feel supported and understood. It shows you're curious about how they're doing.

