



February 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.



February Guidance Curriculum

- Stress Management
- Kindness
- Continuation of Multi-Cultural Awareness

Our Monthly Kindness Award Goes to:



Pictured from left to right: Aubree Nelson, Roberto Martinez, Roselee Memije, Mailen Tapia, Jayceon JJ Rush
Not Pictured: Caroline Rodarte, Lydia Leshar, Jayden Castro, Ava Waldrep, Allyzon Campos, Amiyah Medeiros





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KINDNESS ACTIVITIES FOR SCHOOL OR AT HOME

1. **Secret Kindness Missions:** Assign each child a secret kindness mission, like helping a friend or leaving an uplifting note for a teacher, and share their experiences afterward.
2. **Friendship Bracelets:** Encourage kids to make friendship bracelets for their classmates, celebrating the bond of friendship and spreading joy.
3. **Kindness Rocks:** Paint rocks with colorful messages or images and place them around the community for others to find.
4. **Gratitude Jar:** Set up a gratitude jar in the classroom or at home where kids can write and share things they are grateful for. Read the notes together periodically.
5. **Kindness Cards:** Have children create small kindness cards with positive messages and distribute them randomly to their peers, family members, or school staff.
6. **Collaborative Art:** Work together on a collaborative art project that represents kindness. This could be a mural, a poster, or even a kindness-themed collage.
7. **Kindness Quest:** Introduce a kindness challenge where kids actively seek opportunities to help others throughout the week and share their experiences.
8. **Thank You Notes:** Have children write thank-you notes to school staff, family members, or friends, expressing gratitude for their hard work, friendship, etc.



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IDEAS FOR STRESS MANAGEMENT

1. **Mindful Breathing:** Teach kids simple breathing exercises to help them calm their minds. For example, practice taking slow, deep breaths in and out. (GoNoodle has some great breathing exercise videos on YouTube)
2. **Stretching and Yoga:** Introduce kid-friendly yoga poses or stretching routines to promote relaxation and flexibility. Make it fun with animal-themed poses or guided sessions. (Cosmic Kids Yoga and Scratch Garden- Salamander Yoga are both great guides on YouTube)
3. **Calm Down Jars:** Create "Calm Down Jars" filled with glitter or calming materials. When shaken these jars provide a visual focus for kids to watch until the contents settle.
4. **Nature Breaks:** Take short breaks outdoors, encouraging kids to connect with nature. A walk, observing plants, or playing in a park can be refreshing.
5. **Soft Music or Nature Sounds:** Create a calming atmosphere with soft music or nature sounds during quiet times or activities.
6. **Positive Affirmations:** Introduce positive affirmations for kids to repeat, promoting self-confidence and a positive mindset.
7. **Emotional Check-Ins:** Teach kids to recognize and label their emotions. Create a chart or use emojis to help them express how they're feeling.
8. **Cozy Corners:** Designate a cozy corner with pillows and blankets where children can retreat when they need a quiet and comforting space.