

COUNSELOR'S CORNER

NEWSLETTER

JANUARY 2024

This Month's Character

Theme: Empathy

Wanna make the world a better place? Start with empathy. Empathy means you are able to put yourself in someone else's shoes and imagine their experience. Studies show that by learning empathy bullying is reduced. People feel better understood and cared for making the world a kinder place. Now, doesn't that sound like a great way to kick off the new year?

Mrs. Pinkman

Mrs. Minger



New Year, New Goals

The new year is a great time to set some new goals! What would you like to achieve in 2024? Now is the time to be intentional. We encourage setting SMART goals. What's a SMART goal? It's one that is Specific, Measurable, Attainable, Realistic, and Timely. For example, rather than saying, "This year I will read more." Try this: "In 2024 I will read 2 books each month." Feel free to change it up to suit your needs and reach out to your counselor for help!

Please visit our website for more information. Click [here](#).

Join Us for Our Live Lesson

Wednesday, January 31st at 2pm EST

The link to join will be on your classroom announcements page. We hope to see you then!