

Counselor's CORNER

DECEMBER 2022

Mrs. Rodriguez

Counseling Monthly Focus:

What is S.E.L.?

- S.E.L. stands for Social Emotional Learning. Social emotional learning includes management of emotions and behavior, the ability to identify and understand feelings in ourselves and others, the ability to form and maintain positive relationships, and the development of empathy for others.

Why is S.E.L. important?

- S.E.L. teaches important life skills that will carry over into adult life, making students positive, contributing members of society. Some of these life skills include the ability to understand themselves, develop positive self-esteem, take responsibility for actions, and maintain healthy personal and working relationships.

Dates:

- 12/2- Coffee with Counselor
<https://us05web.zoom.us/j/83382877458?pwd=ZktyeHBLQTV4a0pOM1pzUFAYT0hyUT09>
- 12/2 – Yoga (student activity)
- 12/7- 12/1 Holiday Boutique Fundraiser
- 12/9- Positive Affirmations (student activity)
- 12/16-1/3 Winter Break (No School)
- 1/4 – Return to school (Regular Bell Schedule)
- 1/13 – Coffee With Counselor
<https://us05web.zoom.us/j/8658334128?pwd=NjRjM3QvZ216L1kvSORjZVNZVnQ2pGdz09>

Let's CONNECT!



Daniela_Rodriguez@chino.k12.ca.us



909.947.6693



Happy, Healthy Kids TIP:

Children thrive on consistency, structure, and predictability. Develop a morning routine that looks the same each day to help get you and your kids out the door with a smile!

