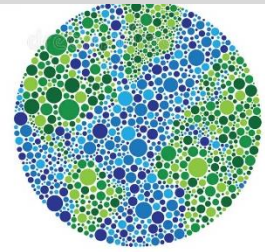


Counselor's Corner

September 2018 • Gutierrez.Gloria@tusd.org • (310) 533-4559

Mindful Moment - Breathing

Find a calm place and sit, stand, or lay down comfortably. Close your eyes or let your eyes rest, unfocused, looking forward and slightly down. Start to notice your breath without changing it. Notice how it fills your lungs, expanding your chest; and how it feels as you exhale. Notice the sound and feeling. If you have a thought, let it float away like a balloon. Do you feel calm? I do!



Do One Thing!

With all of the hectic chaos of a new school year, September is a great month to pick one new way to help the planet. Watch this video to learn how other students are doing it!

<https://goo.gl/BHfznC>

Welcome Back to School!

A new school year can be an exciting or anxious time. The wonderful thing is that excitement and anxiety feel very similar! Which is why each newsletter will include a "Mindful Moment" that can be used by any member of the family to become calm. For best results, practice mindfulness often; daily practice helps develop a calmer and more centered attitude all of the time!



The School Counselor in her native habitat.

In addition, each newsletter will include a current Counseling topic and a DOT – Do One Thing - for the environment. Why wait until Earth Day? The planet needs us all year round!

WHAT'S HAPPENING THIS MONTH

Sept 6th: Back to School

Alas, the summer has come to an end! Make sure to come to Back to School night Sept 20th to meet your teacher and to learn tips for the school year!

21st International Peace Day

Peace-full Conflicts

- I feel _____ when you _____.
- I want _____.
- What I hear you say is _____
- What can we do?
- Let's agree to _____.

Positive Behavior Interventions & Supports

Students learn about Anza's expectations:

- Be Safe
- Be Respectful
- Be Responsible

Character Counts:
Conflict Resolution

Cool Website of the Month:

www.parenttoolkit.com/backtoschoolkit