

BGCSD Bobkitten Counseling Newsletter Pk-1 September 2020 Check out B-G website Guilford Counseling webpage and first week Photo page!



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Bobkitten Counseling is

Pawsitively Inspiring!



Pawsitively

Awesome

Wonderful



School Counseling Program

Bobkitten Counseling services are for ALL students! We are here to support, guide, and facilitate resources, social emotional learning, and communication in order to assist students academic learning. We do this through collaboration, counseling and consultation! We know this year is different and we anticipate an interesting adventure

1. Care Rules For little kids 1. We listen to each other. 2. Hands are for helping, not hurting. 3. We use I-Care Language. 4. We care about each other's feelings. 5. We are responsible for what we say and do.

UPCOMING LESSON TOPICS

Counselor Introductions

Bobkitten Mask Safety review

Emotions:

- Recognizing "masked" emotions
- Recognizing and matching emotions to situations

I-Care Rules

Self-Regulation:

- mindfulness
- Appropriate reaction to problems
- Self calming strategies



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