



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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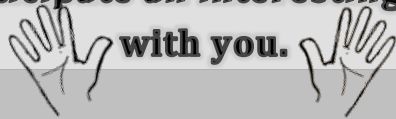
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Bobkitten Counseling is
Pawsitively Inspiring! 



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 with you.



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

