



Ms. Amanda's Counseling Corner: 3rd - 5th grade

January 6th thru January 16th

Over the next two weeks, students will participate in guidance lessons focused on transitioning back to school and goal setting, while highlighting our Character Strong word of the month: perseverance.

Students will learn the difference between resolutions and goals and explore how perseverance helps us continue working toward goals even when challenges arise. Lessons will include strategies such as journaling, writing goals down, revisiting progress, reflecting on areas for growth in 2025, and celebrating big wins along the way.

This work supports key social-emotional skills such as self-awareness, self-management, and resilience.

Families are encouraged to talk with students about their goals and recognize effort and progress at home.

Thank you.
Ms. Amanda

