Mrs. J's Mindful Matters

December

Social Awareness

During this season of giving, we are focusing on the CASEL Competency of Social Awareness. This competency includes skills such as:

- demonstrating compassion & empathy
- understanding and expressing gratitude
- taking others' perspectives

Today, our students participated in our 2nd annual Kindness Day. Classroom lessons will continue to support this skill throughout the month.

Our students in the upper grades will have an opportunity to consolidate lessons and competencies learned over the last four months via an end of semester Kahoot!

I'm looking forward to an eventful December and encourage you to reach out at any time.

For any other questions or concerns please contact me at:
talva@kyrene.org
480-541-3623
Referral

Counseling Groups

As we approach the end of the semester, our groups focusing on emotion regulation, anxiety resilience and social skills will be ending as well.

If you'd like your child to continue participating after winter break, or if you would like your child to start, please contact me!

Events

No Place for Hate
Shoe Drive
ends Dec. 9th.
Please donate!

Tempe Festival of the Arts
Dec 2nd-Dec 4th.

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