Mrs. J's Mindful Matters

January

Self-Awareness

Welcome back Manitas Innovation Academy! We hope all our families had a restful Winter Break and you and your students are ready to tackle the Spring Semester!

As you know, our school supports students from Kindergarten through 7th grade. The counseling program individualizes classroom lessons to meet the developmental needs of each learning studio. So each studio's monthly counseling lesson will look different but will target the same social/emotional competency.

We will be circling back to the CASEL Competency of Self-Awareness this month, with a focus on Feeling Identification and Self-Efficacy. The ability for students, at any age, to express their thoughts and feelings while maintaining a growth mindset is a critical skill for academic success.

For any other questions or concerns please contact me at:

talva@kyrene.org
480-541-3623

Referral

Resources

Did you know Kyrene and Manitas Innovation Academy have websites dedicated to Counseling and SEL information? Be sure to check out these resources!

Kyrene School District Counseling Page

Kyrene School District Mental health Resource

Manitas Counseling Page

Counseling Groups

Social Skills and **Emotion Regulation** groups will begin January 18th! **Stress Management and Anxiety Resilience** groups will begin February 24th. If you are interested in having your student participate, please contact me.

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