

# Counselor Corner

Mrs. Johnson/ February 2025

## Wrapping up the 4th six weeks

This past six weeks has flown by! During classroom guidance, we covered the following topics:

### Communication

- Understanding the importance of our non-verbal communication, including: voice tone, facial expressions, and other body language
- Using "I" statements rather than "You" statements
- Practicing effective listening skills

### Effective Coping Strategies

- Replacing negative thoughts with positive affirmations ("I've got this," "I am capable," "I can do this.")
- Practicing calm breathing techniques
- Identifying ways to manage stress daily

## Upcoming Events

- February 28:  
House Reward Party
- March 10-14:  
Spring Break

## Upcoming Guidance Lessons

- Personal Boundaries
- Healthy Relationships
- Motivation to Succeed

Visit [www.caresolace.com/waxahachie](http://www.caresolace.com/waxahachie) for mental health referral information