
Mrs. Keogh's Counseling Corner

September Classroom Lesson Focus:

Kindergarten: Meet the Counselor and describing feelings

1st: Identifying healthy ways to deal with problems

2nd: Explaining what is special about me (Positive Self-concept.)

3rd: Recognizing stress and worry and demonstrating healthy ways to cope.

4th: Developing a positive self-concept. Introduce how our thoughts, feelings and behaviors are all linked.

September Counseling

Groups:

*Worry Warriors: This group will last approximately 8 weeks. Before your child is allowed to participate in any counseling groups a permission slip will be sent home to get parent consent.

*Referrals for group participation can come from parents, teachers or based on a need I observe.

*I will also be hosting buddy lunches for new students as well as students that could benefit from some social skills practice in a relaxed and fun environment.

(No note home)

Communication is Key

Please let me know if your child is having difficulty at school or home. I am here to help. Your child's success academically, socially, and emotionally is important to me. You can reach me by calling the school or by email: akeogh@ccr2.org.

