

COUNSELOR'S CORNER

Munson Primary School

Katie Jacobs kjacobs@usd263.org 777-0151 ext. 1606

Tool Box Skill

Week of September 10th

Each week in September, I'll work with classrooms practicing a "tool" for their self regulation tool kit!
This week we are working on:

**Preschool
Belly Breathing**

**K-2nd
Six Sided Breathing**

Guidance Lessons

Week of September 10th

Each week in September, I will spend 25 minutes in your child's classroom co-teaching with your child's teacher on a classroom guidance lesson. This week we will be work on:

**Preschool
Identifying Emotions:
Mad**

**K-2nd
Zones of Regulation**

A Note From The Counselor

Hi Kids, Families, and Teachers,

I'm so excited to get into the classrooms this week to support the awesome work your child's classroom teacher has started! Please let me know if you have any questions!

Mrs. Jacobs

September Guidance Lessons:

Zones of Regulation & Identifying Emotions

