

COUNSELOR'S CORNER

Indian Mills School

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Parents and Guardians

We are navigating the pandemic highway these days full of twists and turns. What are you doing to take care of your self???

*Breathe: Right now take a breath in through your nose for a count of 4 and breathe out through your mouth for a count of 6. Do this 3x/3x a day. Focusing on our breathing brings us to the present moment. It allows us to de-stress and think clearly. It also lowers blood pressure. Be well!

Students

Whether you are in Cohort A, B, Remote, AM kindergarten, PM kindergarten, it is good to know we are all one big family. We care for ourselves, others and our environment. I want you to talk about your feelings with your parents/guardian, me, or your teacher. We all care about you!

September Guidance Lessons:

Counselor, Safety, Acceptance and
Bullying

