



Counseling Corner with Mrs. Meeks



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I hope everyone has had a chance to join my Google classroom. I will be posting various things there, including monthly lessons, for our students while we are learning virtually. For March, I posted some information about being kind and safe online. Especially in our current situation, it is very important to monitor what our children are doing online and make sure they are being kind and safe.

For April, our theme is Being Kind in the Community, and we will be focusing on empathy. Empathy is the ability to understand another person's feelings. We may not be able to relate to what they have

experienced, but we can empathize and understand what they are feeling and why. When we understand how someone else is feeling, it allows us to respond appropriately to them, and we can be more helpful to them in that situation.

In the next week or so, I will be posting my April lesson to Google classroom for the students. The lesson will focus on being empathetic to others and will also encourage students to think about their own feelings. If we are aware of our feelings and how different situations affect us, we will be more aware of

how other people feel, too.

Our current situation allows us opportunities to show empathy to others. We are all going through something together, but we may not all be feeling the same way about it. Some are anxious or worried, others may be feeling sad or depressed, and others may not be very worried about it at all. Whatever we are feeling individually, and wherever we are in this journey, remember we are all going through this together. Please continue to be kind and understanding of how others are feeling. Understanding and empathy will go a long

Vision Statement: My vision for the students at Powell is that they would grow to be well-rounded individuals able to successfully adjust in our ever-changing society. They will also be kind, compassionate individuals who are ready to make a positive change in the world.

Mission Statement: The mission of Powell Elementary's counseling program is to provide a comprehensive counseling program for all students focusing on academic, career, and social/emotional development. Focusing on these areas will provide a strong foundation for the students which will assist them as they develop into independent, successful, kind individuals.

