From Your School Counselor:

I will be sending out weekly guidance lessons that are easy to follow. The first one focuses on how we can’t control what goes on around us, but we can control how we respond or react to certain situations. Along with this week’s lesson is a short video that focuses on strategies you can use if you start to become worried or feel overwhelmed. Please click on the links below for the guidance lesson and video:

<https://drive.google.com/file/d/18pN4ZJHTr9Jn7nUrDbxJG7SM4G0V4L8L/view?usp=sharing>

[Video for strategies on how to cope](https://vimeo.com/397899155?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749&fbclid=IwAR0M_DtrIVKlZlAzYDDiTXElz51ScwBesIgvTyQDTAr4w9OSGqSK3xK_rFE)

Look for guidance lesson #2 next week ☺.

Sincerely,

Fe Cooper, School Counselor