

Counseling Connection

Monte Vista Elementary School
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SUPPORT AND LINKS

COUNSELING CHECK-IN FORM
[CLICK HERE](#)

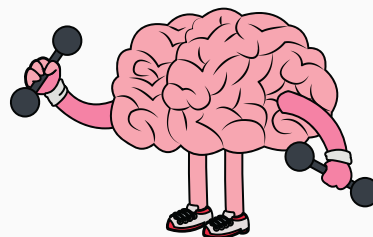
FREE MENTAL HEALTH
CONCERGE
[CLICK HERE](#)

COMMUNITY RESOURCES
[CLICK HERE](#)

[GROWTH MINDSET VIRTUAL LIBRARY](#)



Growth Mindset



This month we will be focusing on finishing our school year strong! Students will be learning about the importance of having a growth mindset and using the 4 skills for learning to help them do that! The skills for learning are Focus and Attention, Listening, Being Assertive and Positive Self-Talk.





Memorial Day



Memorial Day is a solemn day of remembrance for everyone who has died serving in the military. The holiday, originally known as Decoration Day, started after the Civil War to honor the Union and Confederate dead. Memorial Day is observed on the last Monday of May. Memorial Day 2021 will occur on Monday, May 31.

Memorial Day originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season. We honor and celebrate those who have served in the military.

Coping Skill

Coping Skills For Kids



Reading



Breathing exercises



Label the feeling



Positive self-talk



Playing a game



Yoga

Artwork

