

Meet the Counselor

**Mrs. Jones**



SCAN ME

Mindfulness Breathing



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## It's Me. Hi! I'm the Counselor, It's me.

Welcome back! I am Mrs. Jones. I am so excited to be your counselor this year. My family and I enjoy traveling, going out to eat, and gym together. I am from Lubbock, Texas. We have two small dogs. Amavi and Kibble love going to the dog park. Also, I enjoy spending my free time watching movies and doing selfcare. I look forward to meeting you and having an amazing year!

### I Will Help You When:

1. You are sad.
2. You are angry.
3. You are scared.
4. You need help solving problems.
5. You need help making good choices.

### What is happening in August?

- You will get to know the Counselor.
- You will complete a "Get to Know Me" student activity.
- You will learn about Courage.