



SOCIAL EMOTIONAL LEARNING

**Ms. Reeser, MPSA full-time school
counselor**

May 2025

LESSONS:

During the month of May, Kindergarten students came to the counseling office for weekly social-emotional lessons.

The focus of these lessons was relationship skills and making good choices:

- How to be a good friend
- How to choose good friends
- How to solve problems with friends

SMALL GROUPS:

- **LEM** third grade students from the classes of Ms. Rubilotta, Ms. Suneeta, Ms. Ellis, Dr. Fazily and Ms. Scrafford's learned about:
 - working together in a group (we plan vs. me plan)
 - the importance of mental health
 - lifestyle and strategies for good mental health
- Kindergarten students in Pfefferman and O'Donnell's classrooms learned about the Zones of Regulation and practiced mindful activities.

Helpful RESOURCES: May is Mental Health Awareness month.

- Children's Behavioral Health Bureau: <https://www.arlingtonva.us/Government/Departments/DHS/Child-Family-Services/Childrens-Behavioral-Healthcare>
- SAMHSA: <https://www.samhsa.gov/>
- NAMI: <https://www.nami.org/your-journey/kids-teens-and-young-adults/>

OTHER NEWS or PROJECTS in the pipeline:

Third, Fourth and Fifth grade students:

- received a brochure with tips and strategies for good mental health
- had a special lesson with Jenny Sexton, a substance abuse counselor for APS. They learned about substance abuse, with a focus on vaping and how to resist peer pressure
- (UEM only) had a second visit with Ivan Lopez, Student Climate Coordinator, who reminded them about APS policy, and the importance of their words and action in creating a safe learning space for the entire MPSA community.