



## SOCIAL & EMOTIONAL WELL-BEING



### STOP SIGN

We are in control of our thoughts. We choose what we think about. We have the power to stop unpleasant thoughts.

- When you first notice through your thoughts, your feelings or your body that you are frustrated, angry, unhappy, irritated, stressed or worried close your eyes and imagine a giant STOP sign in your head.
- While you are imagining the STOP sign, take a long, slow deep breath in and out.
- With your eyes still closed, say to yourself, "I am in control of my thoughts. They do not control me."
- Take another long, slow deep breath in and out.

## COUNSELOR'S CORNER

### Mirror, mirror on the wall!



#### What does it mean to have self awareness?

Self-awareness means having the ability to understand your thoughts, emotions, and values, as well as knowing how those factors influence your behavior. Added to this understanding is the ability to open-mindedly and realistically assess your strengths and weaknesses while maintaining your confidence, drive, and desire to grow.

The World Health Organization recognizes self-awareness as one of ten life skills that promote well-being across all cultures.

Learning to be self-aware isn't easy, even for adults.

In order to be self aware, you must be able to:  
Identify your emotions      Recognize your strengths and weaknesses  
See yourself honestly      Work towards growth

### Try this Activity

Give a compliment to a peer



Examples:

\_\_\_\_ is a great friend      \_\_\_\_ is strong  
\_\_\_\_ has awesome ideas      \_\_\_\_ is a great listener  
\_\_\_\_ is really patient

### Now it's time to compliment yourself

One way to start to become more self aware is to really look at your strengths. Write down a compliment or two about yourself and share it with someone you trust.



### WAS IT MORE DIFFICULT TO GIVE A COMPLIMENT OR RECEIVE A COMPLIMENT? WHY?



### JUST FLIP IT

Everyone faces obstacles, failures and mistakes in their lives. Take a minute to think about a mistake, failure or obstacle that has happened to you and write it down on a piece of paper.

### JUST FLIP IT

Let's try to flip that obstacle, failure or mistake into something positive.



You can flip the negative into a positive.

Example: I failed a test

FLIP IT: I asked the teacher for study tips for the next test.

### SELF IMAGE

Refers to how you feel about yourself as a person and how much you value yourself; the idea, conception, or mental image you have about yourself



### Reflection

What did you like about these activities?  
What activity was the most challenging for you and why?  
What was helpful about these activities?  
What did you learn about yourself?

## HEALING RACIAL TRAUMA: SELF-CARE FOR MIND, BODY AND SPIRIT

The impact of the pandemic has disproportionately impacted communities of color and BIPOC families. This workshop will be a forum for parents, caregivers and students to discuss the impact of Coronavirus and racial tensions in America. The workshop will be held on **Wednesday, May 12th, from 7:00 p.m.-8:30 p.m.** (Zoom link to follow). The workshop will be led by Atman Smith from the Holistic Life Foundation. Information about Mr. Smith's background and experiences can be found [here](#). Please click [here](#) to register for the workshop.

## PIERCE MODEL UN



This past Saturday eight students in the Model United Nations club participated in a conference. The delegates debated and utilized diplomacy tactics when interacting with grade-level peers from across the state. The topics of debate were the following: the Iliad, women's rights, the Second Punic War, and AI ethics. All delegates did an excellent job preparing for and participating in the conference! The following students participated in the conference: Tess Carroll, Colin Glazer, Charlotte Hegarty, Patrick Kelly, Isabella Lee, James Malec, Will Malec, and Leo Waldbaum. Will Malec and Leo Waldbaum both won awards for Best Negotiator.



## Sneaker Art



Mr. Manning's 7th and 8th grade artists created a classroom sneaker war with their final sneaker designs for quarter 3. Students were introduced to the top ten most iconic sneakers and the top ten most expensive sneakers ever sold. Artists from both grades argued about which sneakers are better and learned how sneaker collectors make a living from buying, selling, and trading custom sneakers. Sneakers are a huge part of middle school culture and students love to show off their "KICKS". The goal of the lesson was for students to create their very own pair of custom sneakers that featured their own unique logo and color palette. They could take inspiration from other designers but had to create their own footprint, heel design, logo, and a profile design. Some artists took it upon themselves to create their very own theme around the entire sneaker. Students from both grades loved how each and every student's design was totally different.

## THE GREAT DEBATE

The Pierce Middle School Debate Team will begin meeting in person next Wednesday, May 5th. We will meet after school in the cafeteria from 2:45 - 3:45 PM. Moving forward, we will plan on meeting in the cafeteria every Wednesday from 2:45-3:45. All Pierce Middle School students are welcome to participate. If you are learning remotely, you may elect to stream in to our weekly meetings. Please contact Mr. Faherty at [cfaherty@miltonps.org](mailto:cfaherty@miltonps.org) if you have any questions about participating in the Debate Team.



Reminder, school lunch is FREE for all students, and all locations have a grab and go option allowing plenty of time for students to get lunch and eat.

## HELPFUL RESOURCES



Ms. Jaquette - Gr. 6 Guidance Counselor  
• [ejquette@miltonps.org](mailto:ejquette@miltonps.org)



Ms. Veldran - Gr. 7 Guidance Counselor  
• [lveldran@miltonps.org](mailto:lveldran@miltonps.org)



Ms. Benjamin - Gr. 8 Guidance Counselor  
• [ebenjamin@miltonps.org](mailto:ebenjamin@miltonps.org)



Having Technology Issues? Click [HERE](#) to access the MPS Technology Website



Adjustment Counselors' Google Classroom  
Code luzd6uw



Ms. Perry - School Nurse  
• [bperry@miltonps.org](mailto:bperry@miltonps.org) or 617-696-4575



Marti McKenna, Family Outreach Liaison  
• [mmckenna@miltonps.org](mailto:mmckenna@miltonps.org) or 617-980-7343