

December Guidance Corner



The Guidance lessons in December focus on empathy and understanding others' feelings. To try and understand others and love them is more than just being kind to others.

**"Not all of us can do great things.
But we can do small things with
great love." – Mother Teresa.**

We also need to be kind to ourselves. Over break, our schedule changes, but sometimes we do better with some structure. Be mindful and focus on taking care of yourself and your family. Here are some helpful reminders for a wonderful Christmas season.

- Plan for the right amount of sleep
- Enjoy sweet treats but make sure to eat healthy and drink water
- Get outside for physical activity and sunshine
- Relax with reading books, journaling, drawing
- Have fun as a family; watching movies or TV shows, playing games



