



## **School Counseling Lunch Groups ...**

### **A Social / Emotional Well-Being Focus**

At MMS, school counselors, Mrs. Lee and Mrs. Melody provide an alternative space for students during their lunch period.

With a focus on students' social and emotional well-being, the counselors provide a place for students to:

Recognize emotions in themselves and others

Learn to self-manage strong emotions

Consider the value of having empathy for others

Discuss ways to control impulses

Communicate effectively

Develop cooperative relationships

Talk about responsible decision-making, and

Solve problems effectively.

***The counselors welcome all students to join their lunch groups!***

