

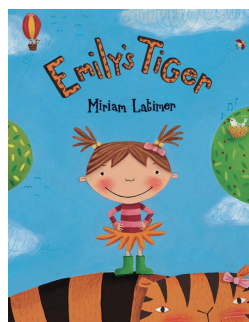
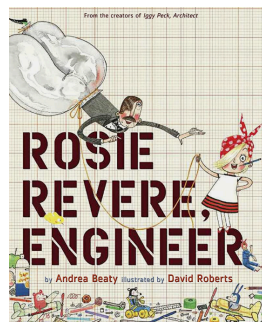
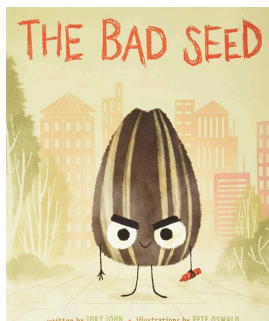
Mental Health Minute April 2023: Reflection

The Mental Health team at Oak Grove, consisting of our three School Social Workers, our two School Psychologists, and the Social Emotional Learning Coordinator, will be providing you information on several social emotional topics throughout the 2022-23 school year. Twice a month, we will provide you with a brief overview of a topic as well as at least one resource for additional information. Please feel free to reach out to Ryan Murray murray@ogschool.org if you have questions or need help finding more information.

This month's topic is Reflection. A continuation for this month's topic on reflection is a list of literature per grade levels below. Also included are some suggested questions you can ask your child to help them reflect as they read.

1. How did the character change throughout the story?
2. What were the character's strengths and weaknesses?
3. What do you think the character learned about themselves by the end of the story?
4. Is there anything the character could do differently next time?

Elementary



Junior High

