


Middle School Counseling Activities

Mindful Monday	<p>Take a moment to think about the quote.</p> 
Success in School Tuesday	<p>Start each day with a 'To Do List'. It will help you stay focused and productive. Keep it simple and break down large assignments into smaller steps.</p>
World of Work Wednesday	<p>It's important to actively plan for your future. Check out http://www.educationplanner.org/ for information about careers and colleges. We will be exploring more activities on this site later.</p>
Thoughtful Thursday	<p>Expand yourself and break you the routine by trying a new activity, going outside, or cooking a new recipe.</p>
Friday Funday	<p>Gratitude is powerful. Reach to thank a couple of important people in your life. Say or text a few words about what they mean to you.</p>