**Family Small Group**

Dear Parents,

Thank you for letting your child participate in this small group. I hope the information we discussed will help them now and in the future. We had a lot of growth throughout our sessions.

Here are a few of the activities the girls completed during our group:

* Whoonu Ice Breaker
  + This game is a great game that allows the kids to get to know each other better by answering questions about themselves.
* Magic Wand Activity
  + The students talk about changes, and we get to discuss how to cope with changes.
* Pudding Activity
  + We discussed emotions using a great book and shaving cream.

I have encouraged the kids to come talk to me one-on-one anytime they need help with any situations. I think it is important for us to teach our kids how to manage change in their lives. Please let me know if there is anything I can do for you or your family.

Alyssa Hall

Lower School Counselor