

Dear Parent/Guardian,

At our school we are always looking for ways to better support children's growth and learning.

I will be offering a Making Good Choices Small Group for 3rd grade students. The group will meet once a week for 30 minutes for six weeks total. The following topics and skills may be addressed in the group:

- Skills for Paying Attention and Following Directions
- Slowing Your Motor Down
- Stop & Think: Impulse Control & Problem Solving
- Relaxation and Feelings Management
- Getting Along With Others
- Liking the Kid in the Mirror

I think your child could benefit from small group attention on these skills. If you could please fill out the form below and return it to school, I would really appreciate it. During the course of group meetings information may be sent home on helpful tips and discussion topics.

Thank you for your continuing support of your child's education!

Erika L Zamora
School Counselor

✂ _____

PLEASE READ, CHECK BOX, SIGN AND RETURN THIS PORTION

I CONSENT to have my child _____ participate in group discussions on Making Good Choices with the counselor.

I would like MORE INFORMATION about this group. PLEASE CALL me at _____

I DO NOT give permission for my child to participate.

PARENT GAURDIAN SIGNATURE: _____

Date: _____